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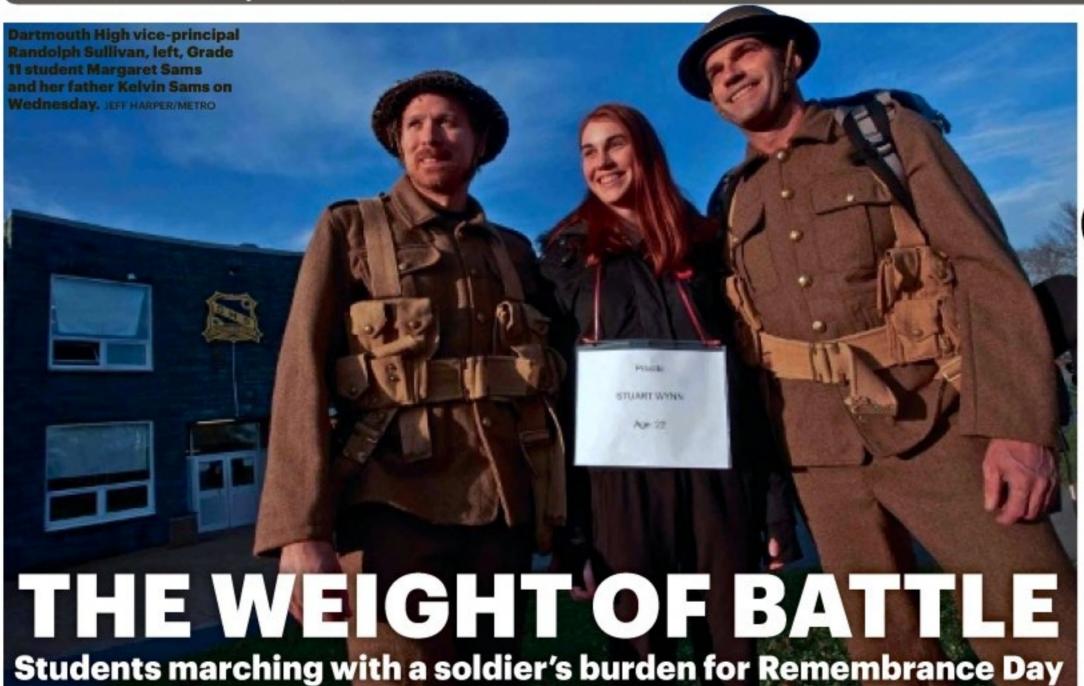


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Your essential daily news | weekend, november 10-13, 2016

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for the world' Mayor Mike Savage



answers on son's jail death metroNEWS



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2016 RAM 4X4 CLEAROUT

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H14575	SLT PLUS DECOR CREW	\$60,180	\$40,684	28G - 3.OL DIESEL	FLAME RED	Halifax Chrysler		
H64024	SLT PLUS DECOR CREW	\$60,405	\$40,909	28G - 3.OL DIESEL	BRLLIANT BLACK	Halifax Chrysler		
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H51416	SPORT CREW	\$59,600	\$39,750	26L - 5.7L Hemi	BRIGHT WHITE	Halifax Chrysler		
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578248	SPORT QUAD	\$57,300	\$38,386°	27L 8SPD 5.7L HEMI	BRILLIANT BLACK	Steele Chrysler		
580844	SPORT QUAD	\$59,075	\$39,534"	27L 8SPD 5.7L HEMI	GRANITE CRYSTAL	Steele Chrysler		

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Your essential daily news

Metro returns on Monday.



THINGS TO DO IN HALIFAX THIS WEEKEND

There's laughter yoga, musicals, and craft fairs.

HALEY RYAN METRO



Gala fundraiser

Swing back in time this Saturday night at the motionball Halifax Gala fundraising event at Casino Nova Scotia in support of Special Olympics Nova Scotia and the Special Olympics Canada Foundation. The theme of the black tie event is Roaring Twenties, and features a midnight snack bar, music by DJ Skratch Bastid and Classified, and the chance to meet Special Olympics athletes. Event begins at 9 p.m., while tickets are \$150 each and available at motionball.com.



Fall market

Handmade crafts, food, goodies galore are on sale Saturday and Sunday this weekend for the Banook Pop-Up Market from 10 a.m. to 4 p.m. There's a large selection of more than 20 vendors lined up for the Banook Canoe Club event on Banook Avenue, including clothing boutiques, potters, bakeries, woodworkers, and others selling antiques, cards, jewelry, candles and more.



Laughter yoga

After a tense week following the American election that only ended in dismay, confusion and a bleak sadness for many in Canada with Donald Trump's win, most of us need a reason to laugh this weekend. A free laughter yoga class at the Keshen Goodman Public Library this Saturday might do the trick, since laughing is a great way to lower your blood pressure, boost T-cells and release "a concoction of good hormones," the event says. Event is 2 p.m. at the Lacewood Drive branch.



Broadway in Halifax

A few of your favourite things might be played this weekend by Symphony Nova Scotia as they present classic tunes from Broadway legends Rodgers and Hammerstein. The duo is behind some of the most popular musicals of all time, including The Sound of Music, Oklahoma, Carousel, South Pacific, and The King and I. Performances run Saturday at 7:30 p.m. and Sunday at 2 p.m. at the Rebecca Cohn Auditorium. Tickets begin at \$30, and are available at the box office via 902-494-3820 or symphonynovascotia.ca.



Power tools to presents

Two Halifax Exhibition Centre shows are sure to provide something for everyone this weekend at the Prospect Road venue, including The Guy Show featuring sporting goods, hunting, fishing, local craft breweries, plus ATVs and entertainment like archery and virtual reality. At the same time, there's a Christmas Craft Village with some of the finest artisans and craftspeople from across Canada showing their wares. Hours for both shows are Friday 2 to 9 p.m., Saturday 10 a.m. to 8 p.m., and Sunday 10 a.m. to 5 p.m.



I'm just asking for

and fresh new

council decision

makers to look at

that.

Steve Craig

Pay debate returning to City Hall

POLITICS

Deputy Mayor wants to talk councillor salaries again



Zane Woodford Metro | Halifax

Talking about their salary makes most people uncomfortable, and Halifax regional councillors are no different. But newly minted deputy mayor Steve Craig wants to tackle the subject for the second time this year.

Craig gave notice of motion at this week's council meeting that he'll be asking for a staff report at the next meeting later this month asking the municipality's CAO to review a report that was voted down earlier this year, and come up with new recommendations around it. "I'm just asking for a fresh set of eyes, and fresh new council decision makers to look at that," he said.

It's the latest battle in a long fight for Craig, who hasn't been comfortable with the current formula for determining counelected in 2012.

In 2014, his motion to set up a committee to look at councillor pay passed narrowly, and earlier this year, that committee presented its report to coun-

cil. The report didn't go over well with the majority of council, with thendeputy mayor a fresh set of eyes, Matt Whitman describing it as "reckless."

The report's recommendations would've meant councillors would be

paid 25 per cent more than the average full-time worker in Halifax.

The deputy mayor would get 10 per cent on top of that, and the mayor would be paid 2.2 times what councillors make.

The formula would've meant a pay cut for councillors, so the committee recommended a freeze till the rest of the municipality caught up.

The current system for determining councillors' pay is a complicated one that uses coun-

cillors' pay since he was first cillor salaries in comparable municipalities across Canada to set their pay.

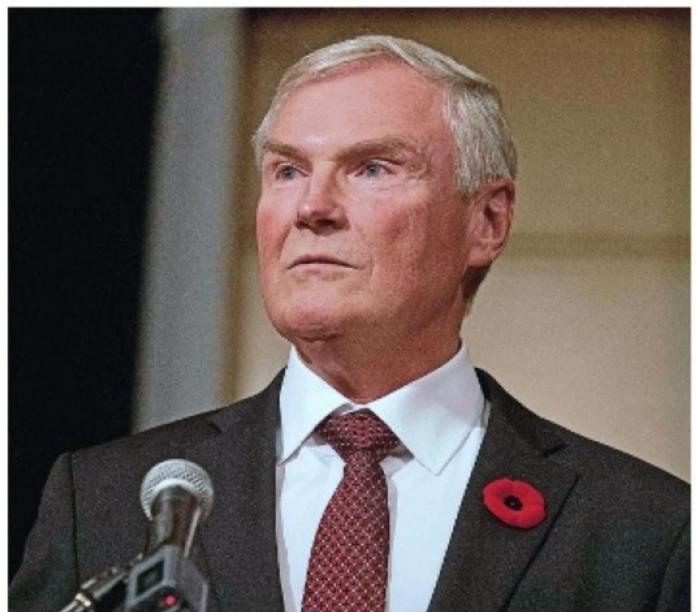
> Craig believes it's predictable, and always delivers councillors a raise. Now, he wants to revisit the report from earlier

this year, even though many councillors were uncomfortable with the topic during that three-hour debate.

"I think it's a case of walking the talk," he said. "If we're going to make decisions on

contracts, on procurement, on things that impact all of the other parts of the municipality, but we're not going to look at ourselves, things that directly impact ourselves, I think that's not right."

Craig said this is the time to bring it up because council is "fresh, keen and eager." Mayor Mike Savage agreed. "It's a new council session. If you're gonna deal with it, it seems to me let's deal with it up front at the very beginning," Savage said.



Councillor and Deputy Mayor Steve Craig. JEFF HARPER/METRO



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Students create living connections to the past

REMEMBRANCE DAY

High schoolers carry names, packs of Nova Scotia soldiers



Taplin For Metro | Halifax

They won't have the fear of marching into bullets, but dozens of Dartmouth students will have some idea of the weight Nova Scotia soldiers carried on their backs into battle.

A large group of students from Dartmouth High School are fundraising for a trip to Vimy, France next year to take part in the 100th anniversary of the epic battle.

Kelvin Sams, parent and fundraising coordinator for the group, said they've come up with a unique way for young people to connect with the past and collect pledges for the walk.

Students will be marching from Dartmouth High to the Remembrance Day ceremony at Sullivan's Pond carrying backpacks filled with cans of soup.

It's not as heavy as what soldiers carried but it will give the students an understanding.

They'll also be carrying placards with names, ranks and ages of Nova Scotian soldiers who were killed in the battle.

"We're walking 3.6 km and that represents the 3,598 Canadian soldiers who were killed at Vimy between April 9-14," Kelvin Sams said.

His 16-year-old daughter Margaret Sams said it was important to her to learn about



From left: Dartmouth High Vice-Principal Randolph Sullivan, grade 11 student Margaret Sams and her father Kelvin Sams in front of Dartmouth High School Wednesday. JEFF HARPER/METRO

To know a little bit about what they carried -which was an insane amount, it was so heavy. Margaret Sams

some of the soldiers whose graves she'll be visiting.

"And to know a little bit were in a war." about what they carried which was an insane amount, it was so heavy," she said. "It really puts it in perspective be-

cause we're just walking down the street and these people

Over 2,000 cans of soup were donated which will be given to the First Baptist Church Food

Each student was given the name of a Nova Scotia soldier who died at Vimy and will carry the information about that soldier on a white placard as they march. The students will also lay two wreaths during the ceremony.

"At the end of the ceremony, we're going to collect those wreaths and take them over with us to France and lay them on the monument," he said.



Several Remembrance Day ceremonies are planned throughout the region on Friday.

Halifax Transit is honoring service people by offering free transit to all veterans and military personnel and their family members on Friday.

Remembrance Day Parade and Ceremony in Grand Parade Square on Argyle Street will start at 11 a.m.

A 21-gun salute at the **Halifax Citadel National** Historic Site by the 1st Field Artillery Regiment will start at 11 a.m. followed by the noon gun.

Remembrance Day Parade at Sulllivan's Pond in Dartmouth starting at 10:30 a.m.

Ceremony on Sailor's Memorial in Point Pleasant Park at 11 a.m.

Many other communities in HRM are also having Remembrance Day services.

3,598

The number of Canadian soldiers killed at Vimy between April 9-14.

Holiday hours in **Halifax**



To honour Canadians who served and those who continue to serve our country, most businesses will be closed on Friday for the Remembrance Day holiday.

All grocery stores and Nova Scotia Liquor Store outlets are closed on Nov. 11.

All malls, including Mic Mac Mall, Halifax Shopping Centre, Park Lane and Scotia Square will remain shuttered.

Drug stores like Lawtons and Shoppers Drug Mart will be open on Friday, but some have limited hours. It's best to check ahead before venturing out.

The Cold Beer Store in Dartmouth and a number of other independent liquor stores are opening for the afternoon and closing at regular times. Bishop's Cellar is closed on Friday, so it's a good idea to call your local retailer for confirmation of opening and closing times to avoid disappointment.

On-street parking meter space is free on Friday, however motorists are reminded to abide by other posted signage.

Halifax Transit buses and ferries will operate on holiday hours on Friday, while veterans, military personnel, and accompanying family members, may travel for free on Remembrance Day.

The majority of municipallyoperated recreation facilities will be closed. Contact your individual facility in advance to confirm operating hours. If your curbside collection of garbage, organics or recyclables normally takes place on Friday, it will occur instead on Saturday.

The Otter Lake Waste Management Facility and municipal composting facilities will also be closed.



We will remember those who have fallen for our freedom and give thanks to those who are actively defending it.



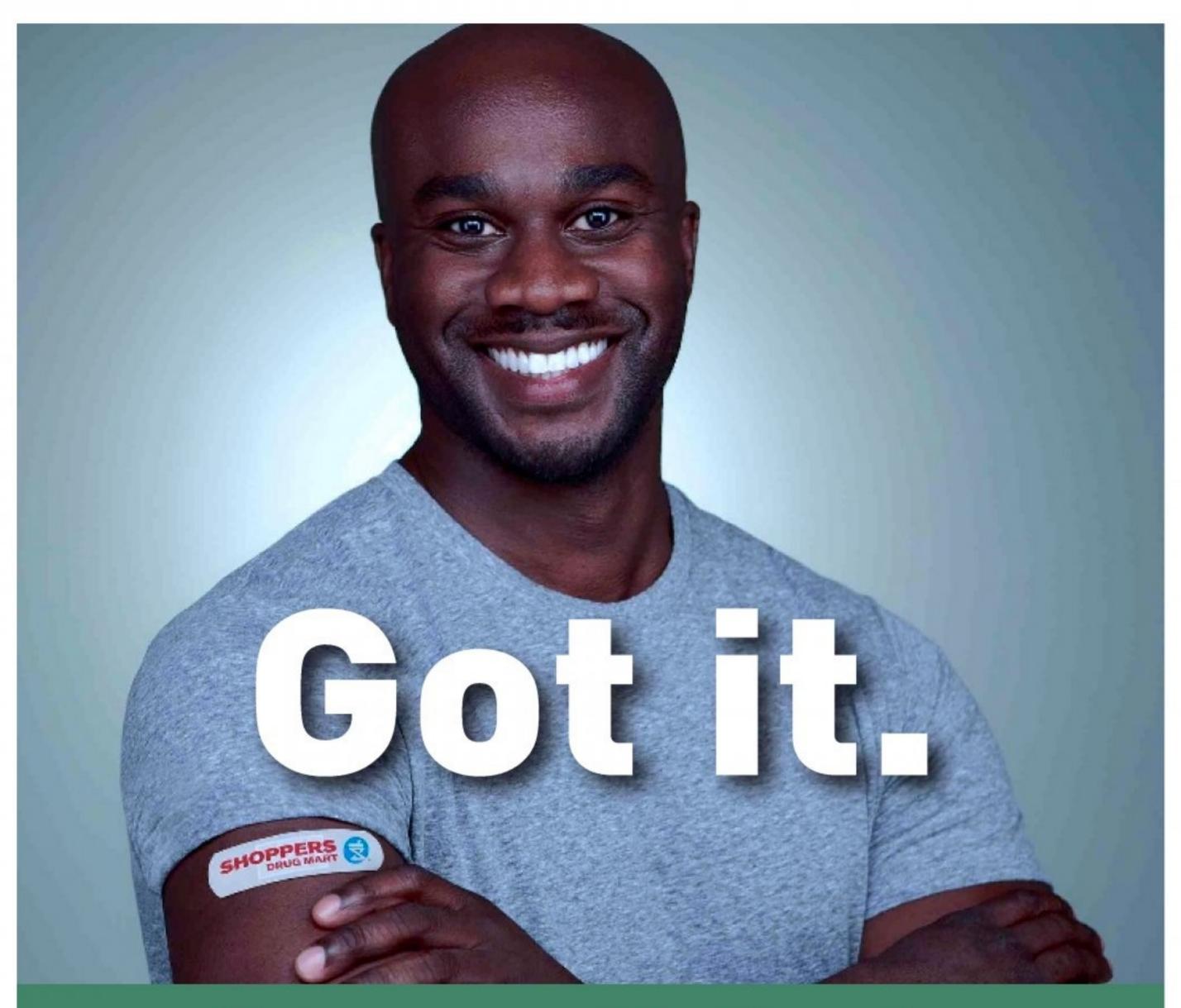
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A father searches for answers

PRISONS

Son died in his cell at mental health unit



Jen Taplin For Metro | Halifax

Facing burying his son, Paul Dauphinee Sr. is demanding answers and accountability.

His 38-year-old son Paul Dauphinee Ir. was found in unresponsive in his cell at the Central Nova Scotia Correctional Facil-

ity in Dartmouth on Nov. 2. Dauphinee Sr. and family members made the heartbreaking decision to remove life support on Nov. 5, and Dauphinee Jr. died early on Nov. 7.

"He was in

a unit that is supposed to be watched 24/7 because it's a mental health unit, because he had mental health problems. So how

is this happening?" Paul Dauphinee Sr. said Wednesday in an interview.

He said he's been told very little about how his son died.

Dauphinee Jr. had a history of drug addiction and had been incarcerated previously on drug charges. He left behind a 9-yearold son.

"We don't even know what happened because it's still under investigation," Dauphinee Sr. said, adding all he knows is his son was in a cell by himself and was found on the floor.

Sarah Gillis, spokesperson for the Department of Justice, said Wednesday police are investi-

gating and the coroner's office is conducting an autopsy. The justice department is also running an internal review which is standard.

The review "will be definitely wrapped

up by the end of the year, but it could happen before that," she said.

Gillis said she couldn't con-



The Central Nova Scotia Correctional Facility. CONTRIBUTED

firm Dauphinee Jr. was under a 24/7 watch.

Dauphinee Sr. said he doesn't trust the Justice Department but has faith in police.

"The Correctional Facility and the Department of Justice doesn't take any responsibility for anybody's death or doesn't help the family cover the funeral bills," he said.

"They say they're not responsible. How the hell are they not responsible when he was in their care?"

Dauphinee Sr. said the last time he talked to his son was about two weeks ago.

"He wasn't sad, he didn't sound depressed or nothing like that," Dauphinee said.

Making the decision to take his son off life support was extremely hard, but Dauphinee Sr. said he knew it would be what his son wanted.

Now Dauphinee Sr. said he's

tired of waiting for answers and is going to hire a lawyer to find out what happened to his son and make sure there is accountability.

"If anything, it will make them more accountable for people dying in their jail, especially my son."



He was good,

and he meant

everything good

with his heart.

Paul Dauphinee, Sr.





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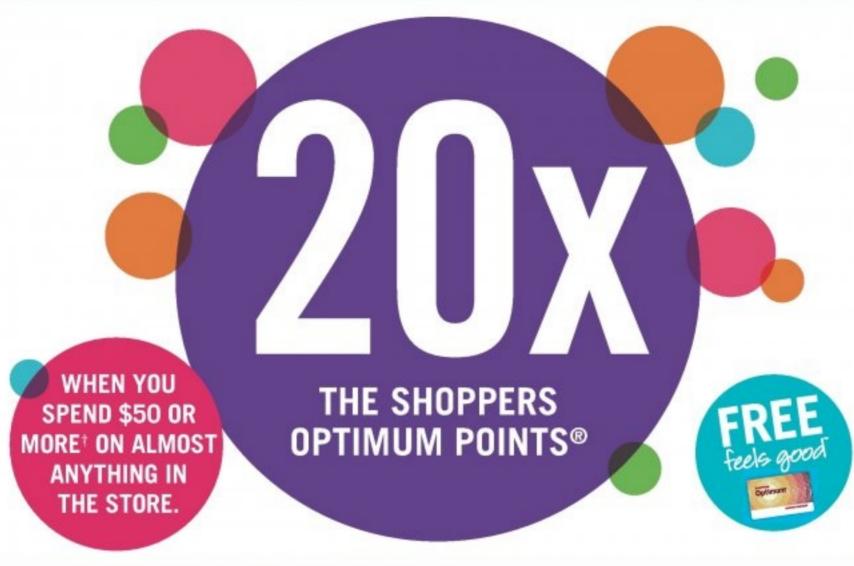
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Police release photos of theft suspect

Police are asking the public to help them identify a man believed to be responsible for a local grocery store theft.

In a media release, Halifax Regional Police said on Oct. 22, 2016 at about 4:15 a.m. they responded to a theft at the Barrington Street location of the Atlantic Superstore.

A man had broken through a glass window of the Smoke Shop and took a quantity of cigarettes. The man fled the scene and was last seen heading north in the direction of Barrington Street.

The suspect is described as a white man, between 5'10" and 6' tall, approximately 175 pounds with brown scruffy facial hair.

He was wearing blue jeans, white running shoes, a grey hoodie with a large black stripe on the front, and a grey beanie cap at the time of the incident.

Anyone with information is asked to contact police at 902-490-5016. Anonymous tips can also be sent to Crime Stoppers. YVETTE D'ENTREMONT/METRO



The man wanted by Halifax police. CONTRIBUTED



Minister of Labour and Advanced Education Kelly Regan. JEFF HARPER/METRO

Regan says no mediator

TEACHERS UNION

Strike deadline coming, no negotiations planned



Haley Metro | Halifax

Another option for Nova Scotia teachers and the government to reach an agreement has been shut down.

In the latest development of the ongoing contract dispute between the province and the Nova Scotia Teachers Union (NSTU), Minister of Labour and Advanced Education Kelly Regan said Wednesday she won't appoint an external mediator as requested by the union.

The NSTU announced via Twitter late in the day last Thursday that president Liette Doucet

had asked Regan to appoint a mediator to handle the dispute.

According to a release from the labour department, the minister may appoint a mediator "when she believes it may bring about settlement of, or prevent, a dispute."

"I've considered the information available, and I don't believe an external mediator could assist in resolving this dispute at this time," Regan said in the release.

"I will continue to monitor the situation, and I'm prepared to revisit this decision should circumstances change."

The release also said the labour department's conciliation and mediation officers "remain available to meet should the parties wish to use them."

Last Monday, a disagreement on terms also killed the possibility of a conciliation board that had been originally requested by the NSTU when the province placed conditions on such a board.



IN BRIEF

N.S. amongst highest when it comes to Canadian smoking rates

Newfoundland and Labrador has the highest proportion of smokers in Canada, according to new data released Wednesday. The Canadian Tobacco, Alcohol and Drugs Survey found 13 per cent of the national population aged 15 and older were smokers in 2015 — down from 14.6

per cent in 2013. That number jumps to 18.4 per cent in Newfoundland and Labrador, however. Nova Scotia has the second-highest rate in Canada at 17.8 per cent. Prince Edward Island had the lowest proportion of smokers in Atlantic Canada, at 12.7 per cent. The rate was 14.2 per cent in New Brunswick. THE CANADIAN PRESS



Skull surgery won't slow this kid down

He's more brave than most adults, mom says

The shaved head and stitches are evident.

But despite a third skull operation, Lucas MacKay from Upper North River near Truro remains a whirlwind of activity.

"Keeping him calm when he wants to go running and trying to keep him still is the hard go," said his mom, Adrienne. "Because he's a very, very high-energy, highly active kid."

Lucas is six. His first surgery was Sept. 23 and his third was on Oct. 21.

As the stitches and visible scars show, his skull has literally been cut apart, from one ear, right across the top and down to the other.

"He's been more brave than most of us adults would be," his mom said. "He's definitely held his own."

At age four Lucas began experiencing headaches. His eyes were tested and he was prescribed glasses. Adrienne and her husband John thought his problems were solved.

But the symptoms escalated. "The headaches got so bad to the point that he would wake up throwing up," she said.

It would last about 30 minutes, then he would fall into a deep, coma-like sleep for hours.

In mid-September Lucas went for further testing. He was found to be suffering from pancraniosynostosis. In simple terms, the bones in his skull had fused together and weren't growing normally. Although his



Lucas MacKay, 6, and his mother Adrienne look through a scrapbook of pictures taken following recent skull surgery the Upper North River boy underwent at the IWK health centre to repair a condition called pancraniosynostosis. TO MEDIA

brain was growing, his skull

"And it was under pressure, causing the headaches and pushing out on his eyes," Adrienne said.

A week after being diagnosed Lucas underwent his first surgery at the IWK Health Centre. It involved cutting his skull apart and inserting small plates to expand it.

Subsequent surgeries involved reconstruction to his skull to re-form his head into a more proper shape.

According to Lucas, the most

painful part of the process was when the pins - used to control the spacing in his skull needed turning.

The next step is another MRI in about a month's time to ensure the swelling has gone down and to check that his skull is developing properly.

"We don't know for sure but they may need another surgery in the front, just to kind of correct the narrowness in his forehead," his mom said.

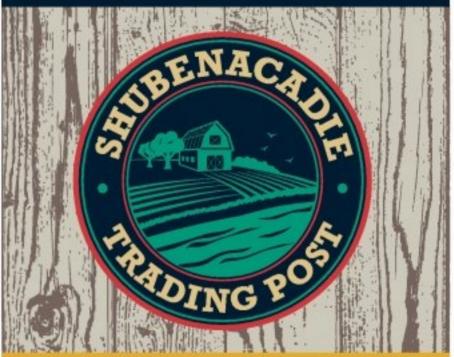
Since his initial operation, however, the headaches are gone. The couple hope their biggest concern will be keeping Lucas contained while he heals.

"It hasn't slowed him down any," Adrienne said. TO MEDIA



Raffle tickets sold in their community as a fundraiser generated \$603. The family is donating the money to the Neurological Children's Fund at the IWK in Halifax where Lucas was treated.

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NATIONALITY

Dual citizen digests election outcome



Zane Woodford Metro | Halifax

A dual Canadian-American citizen who lives in Halifax was "exhausted" Wednesday after staying up late to watch election results from the country he called home for 25 years.

"At first it was shock and dismay," Victor Fisher said of his reaction to the results.

"But the silver lining was that it was a peaceful transition of power. So in the end, it's kind of a victory for the democratic process."

After coming to terms with the results, Fisher said he was looking forward to a nap Wednesday afternoon.

He said he thinks the election shows America is a "truly divided nation," but it won't stop him from travelling stateside

"I don't think it's going to affect me in any way, shape or form," he said.

Fisher's partner's daughter, 21-year-old Katie Siri from Halifax, is going to school in Austin, Texas as part of an exchange program. She and her roommates watched the election results Tuesday night.

"We were all just blown away, to be honest," Siri said.

She said it was interesting to be in Austin — traditionally a Democratic oasis in Texas for the campaign.

"They describe it as a blueberry in tomato soup," she said.

In a way that made the results of the election even more shocking for Siri, having only seen support for Trump on



Katie Siri is a Canadian studying in Austin, a Democratic island amid the red sea of Texas. CONTRIBUTED

road trips outside of Austin's city limits.

"As soon as you leave Austin, you see all the Trump-Pence signs everywhere, but we didn't really interact with any (supporters)," she said.

Siri's worried about the effect Trump will have on the country, so she's happy to be leaving in December, before Trump is sworn into office.

Some Americans seem to be trying to get out as well enough to crash the Canadian immigration website.

But Fisher's not sure many will actually follow through.

"I think right now while people's tempers are hot, people might be considering it," he said. "But I think they'll calm down, and a lot of what was said during the campaign was rhetoric and the actual process of some of the things that Trump was proposing will not come to pass."



As soon as you leave Austin, you see all the Trump-Pence signs everywhere, but we didn't really interact with any (supporters).

Katie Siri



Mayor Mike Savage fears the effects changes to the North American Free Trade Agreement might mean for Halifax. Presidentelect Donald Trump repeatedly pledged to renegotiate or cancel the deal, which is unpopular in some regions. METRO FILE

'Worried for the world'

ECONOMY

Trump's position on trade may affect Nova Scotia



Zane Woodford Metro | Halifax

Mayor Mike Savage weighed the potential effects of a Donald Trump presidency on Halifax on Wednesday.

"To be very honest I'm disappointed," Savage said of Tuesday night's election results. "I'm a little bit worried for the world. But I also think that you can't just hold up democracy as a great ideal when you win, you have to deal with it when your preferred candidate loses."

Savage said he was shocked to see Trump beat Hilary Clinton in Tuesday's U.S. federal election.

"It was like watching a car wreck in slow motion, waiting for the numbers to change," he said.

Of course the numbers didn't change, and there are now some potential effects on Halifax for Savage to consider.

Trump campaigned on a promise to reimagine trade, and either renegotiate or cancel the North American Free Trade Agreement. The U.S. is Nova Scotia's most important trading partner, and if that changed it could negatively affect Halifax's economy.

"There is a potential impact on us through the trade deal approach that Mr. Trump has, parC

It was like watching a car wreck in slow motion.

Mike Savage on the U.S. election

ticularly NAFTA," Savage said.
"My bigger concern, frankly, is
that I have never felt that he
had the experience or the temperament or the character to be
an effective president, but you
know, we've been surprised by
people before."

One benefit for Halifax, in Savage's view, could be an influx of immigrants that don't see the U.S. as a safe destination after a Trump campaign largely based on xenophobia. "We are welcoming of new people to come to Canada, Nova Scotia, and Halifax," he said, noting that Canada's approach to immigration already differs from America's, and certainly will differ from Trump's.

And though Savage expects the impact of people moving to Canada from the states has been "overstated," he'd be ready to welcome fed-up Americans — the kind who crashed the Canadian immigration website Tuesday night.

"We want some people to come who can invest, who bring resources with them, but we also want people to come who just want to build a better life for themselves and their family. They add great value to our society and our economy as well. There might be a benefit from that point of view," he said.





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The hilly landscape of Cape Breton could entice people away from Trump's America. TORSTAR NEWS SERVICE FILE

Immigration panic possible: Experts

POLITICS

Reaction to Trump's win has Americans looking north

A Donald Trump presidency could prompt a flow of politically motivated American emigrants akin to that of the Vietnam war era, though passionate first impulses to leave may cool as the new leader's agenda unfolds, say political observers and immigration experts.

Donald Savoie — a Canadian political economist who was at his second home in Florida as the vote occurred — says some U.S. citizens may consider applying to move to Canada if Trump follows through on proposed policies such as mass deportations of illegal immigrants or the reopening of international trade agreements.

"There's no question some Americans will say, 'we can't live under these circumstances' and we may see what we saw in the ... late '60s during the Vietnam war," he said in a telephone interview from Florida.

"I wouldn't take that to the bank right away ... But if he does what he says he wants to do there's no question there will be a bit of chaos."

However, the process of trying to gain permanent residency in Canada is a tough one for Americans fleeing because of political unease, say immigration lawyers.

Lee Cohen, who specializes in refugee law in Halifax, said Americans shouldn't be deluded into believing that gaining residency status in Canada is easy just because of the two countries' good relations, proximity and similar lifestyles.

"It's a big deal and it's a very onerous process," he said. "This notion that's floating around there that all Americans have to do is drive to Canada and buy a farm and live there is just completely wrong and misdirected."

He said the application and



Some Americans will say, 'We can't live under these circumstances.'

Donald Savoie

assessment process can drag on for years, be costly and involve various documents, including birth and police certificates, medical records, passports and possibly interviews. He said it's likely anyone fleeing Trump's America would apply under an economic category, but might have to have a job offer, Canadian work experience or a skilled trade.

The website for Citizenship and Immigration Canada crashed Tuesday night due to heavy traffic, but the agency did not say whether that was due to excessive traffic from would-be U.S. emigrants.

The site had been restored to intermittent service by Wednesday afternoon.

Savoie says if the situation deteriorates to the point where wealthy and well-educated Americans wish to move to underpopulated parts of Canada, he thinks the benefits would likely be outweighed by the political and economic problems.

"It will be nothing to celebrate," he said.

Adding another potential, but unlikely wrinkle to the emigration puzzle is whether a refugee claim could be made if Trump proceeds with some on his campaign promises concerning reproductive rights, same-sex unions, health care and any other issues that could open the door to a human rights challenge.

"The notion of making a successful refugee claim from America under any previous American administration? Unthinkable," Cohen said. "But in a Trump world, if he does what he says he's going to do it opens up that discussion and it would be very interesting."

Cape Breton site not so funny now: host

A site that began as a fun way to highlight a rural part of Canada in need of a population boom has taken on a darker tone.

In Nova Scotia, a radio announcer who created the "Cape Breton if Donald Trump Wins" website says he had about 150 emails late Tuesday night as the U.S. election results came in, including some from Americans who say they feel fearful about continuing to live in the United States.

"People are afraid and it's hard to treat it lightheartedly

when people are feeling so afraid," Rob Calabrese said in a telephone interview.

Calabrese says he will rename his site and expects he'll continue referring inquiries to official websites where wouldbe Cape Bretoners can pursue work opportunities and apply for immigration status.

Several emails he read out loud were from Americans saying they no longer felt comfortable in states dominated by Republican politicians.

THE CANADIAN PRESS



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What a Trump win means for Canada

Canada's close relationship with America has been rattled by the election of Donald Trump. Canadians are worried about how Trump's campaign promises — if fulfilled — could reverberate north of the border. Here are the key issues to watch and what Trump has said about each.

TORSTAR NEWS SERVICE

1 TRADE

Trump made radically overhauling U.S. trade arrangements a key issue in his campaign, and this issue could have the greatest effect on Canada after he takes power. The president-elect campaigned on a pledge to force Canada and Mexico to renegotiate the North American Free Trade Agreement, to provide greater benefits to U.S. businesses.

If the countries don't agree on a new deal, Trump has promised to leave NAFTA completely. Combined with a pledge to withdraw from Trans-Pacific Partnership talks and take a more aggressive line on trade with China, Trump pitched isolationism and independence as a way to increase jobs, fix crumbling infrastructure, even reduce crime.

Approximately \$51 billion in goods cross the Canada-U.S. border per month, according to TD Economics.



Hard-won progress in the fight against climate change will be dramatically rolled back if Trump sticks to his word.

Trump vowed to back the United States out of the 2015 Paris agreement, a landmark international climate treaty aimed at curbing emissions and limiting global temperature increases. Trump has also pledged to revive the coal industry, relax restrictions on polluters, and expand exploration and drilling for fossil fuels.

The Paris agreement, ratified by the House of Commons in October, commits almost 200 nations to reduce greenhouse gas emissions with a goal of limiting global temperature increases to under 2 degrees Celsius. The U.S. and China, the world's two largest emitters of greenhouse gasses, were crucial to reaching the deal.



FOREIGN POLICY

Canada is re-engaging with the UN on climate change, Syrian refugees, and peace operations, just as Trump has signalled America is hunkering down to look after itself.

Trump promised to stem not just Mexican immigration but to ban Muslims from entering the U.S. He called Syrian refugees a terrorist "Trojan horse" threatening public safety and America's "quality of life." Canada accepted nearly 34,000 Syrian refugees since November 2015. Mexicans will soon be able to travel more freely to Canada when Ottawa drops its Mexican visa requirement on Dec. 1.

CONOMY

Global financial markets twitched early Wednesday on news that Trump had emerged the surprise victor.

But Trump's long-term plan to boost the U.S. economy creating 25 million jobs and spurring growth through tax cuts and infrastructure spending - could help boost Canada's economic fortunes, too, if the president-elect can make it happen, said Craig Alexander, senior vice-president and chief economist at the Conference Board of Canada.

"That should help lift economic growth and to the extent that happens, that's really good for Canada," Alexander

The election of a Republican president and a Republicancontrolled Congress may also breathe new life into the Keystone XL pipeline.

THE BORDER

Trump vows to build a wall on the U.S.-Mexico border but rejected a wall on the border with Canada as too long, too expensive, and unnecessary.

Yet it's far from clear if a Trump administration will honour deals to ensure a thinner, smoother border to the north. Canada and the U.S. have a "perimeter" approach to economic and border security that saw countless travel and security screening procedures harmonized. Bills to enable more information-sharing on entries and exits, and more pre-clearance of crossborder travellers are now before Parliament and the U.S. Congress. Canadian Ambassador David McNaughton is "quite optimistic" a lame-duck Congress will pass the necessary legislation because of bipartisan support before a new administration takes over.



PM Justin Trudeau speaks at WE Day in Ottawa. THE CANADIAN PRESS

Trudeau puts best foot forward after results

Prime Minister Justin Trudeau is choosing to highlight the one goal he has in common with Donald Trump - improving the lot of the embattled middle class - as his government comes to grips with the unexpected prospect of a U.S. president who shares few of the Liberals' values or policies.

"We share a purpose, our two countries, where we want to build places where the middle class and those working hard to

join it have a chance," Trudeau told a WE Day rally Wednesday.

"The fact is, we've heard clearly from Canadians and from Americans that people want a shared shot at success," he said. "People want to succeed. People want to know that themselves, that their families, that their kids, that their grandkids will be able to succeed and we need to work together to get that."

Trump overcame concerns

about his unstable temperament and misogynistic conduct by exploiting working-class white Americans' fear of immigrants and terrorism and their anger at the so-called establishment elites they believe are reaping the benefits of free trade and globalization at their expense.

He promised to deport millions of illegal immigrants, to block Muslims from entering the country, to tear up the North American Free Trade Agreement and to withdraw the United States from the international climate change agreement to reduce carbon emissions.

Trudeau is in many ways the anti-Trump, a self-described feminist who won power with his "sunny ways," touting the virtues of hope over fear, diversity, free trade and increased acceptance of immigrants and refugees. THE CANADIAN PRESS

2016 SUPREME COURT OF NOVA SCOTIA BETWEEN:

CIBC Mortgages Inc., trading as FirstLine Mortgages, a body corporate PLAINTIFF

 and -Philip Godwin and Rachel Godwin

DEFENDANTS

Hfx No. 449802

Notice of Public Auction To be sold at public auction under an Order for Foredosure, Sale and Possession, unless before the time of sale the amount due to the Plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

Building, lands and premises known as 123 Bristol Avenue, Stillwater Lake, Halifax County, Nova Scotia, identified by PID 40622847 and referenced at Schedule "A" of the mortgage dated July 9, 2008 and recorded at the Land Registration Office for Halifax County as Document No. 91139064, This property is registered pursuant to the Land Registration Act.

A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Prothonotary's office and may be inspected during business hours.

Date of Sale: Tuesday, November 15, 2016

Time of Sale: 11:00 a.m. local time.

Place of Sale: Halifax Law Courts, 1815 Upper Water Street, Halifax NS B3J 1S7.

Ten per cent (10%) deposit payable to "McInnes Cooper "in trust" by cash, certified cheque or solicitor's

trust cheque at the time of sale, remainder within fifteen (15) days upon delivery of deed.

Nicholas C. G. Mott COX & PALMER 1100-1959 Upper Water Street PO Box 2380 Central Halifax, NS B3J 3E5 Solicitor for the Plaintiff

Stephen Kingston, Barrister McInnes Cooper (Halifax Office) 2016 SUPREME COURT OF NOVA SCOTIA BETWEEN:

Htx No. 435297

CIBC Mortgages Inc., trading as FirstLineMortgages, a body corporate

- and -Tracie Harvie

DEFENDANT

PLAINTIFF

NOTICE OF PUBLIC AUCTION To be sold at public auction under an Order for Foreclosure, Sale and Possession, unless before the time of sale the amount due to the Plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

Building, lands and premises known as 16 Brule Street, Dartmouth, Halifax County, Nova Scotia, Identified by PID 00037143 and referenced at Schedule "A" of the mortgage dated September 4, 2009 and recorded at the Land Registration Office for Halifax County as Document No. 94214831. This property is registered pursuant to the Land Registration Act.

A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Prothonotary's office and may be inspected during business hours.

Date of Sale: Wednesday, November 16, 2016

Time of Sale: 9:00 a.m. local time.

Place of Sale: Halifax Law Courts, 1815 Upper Water Street, Halifax NS B3J 1S7.

Ten per cent (10%) deposit payable to "Burchells LLP, in Trust" by cash, certified cheque or solicitor's

trust cheque at the time of sale, remainder within fifteen (15) days upon delivery of deed.

Signed October 7, 2016 Nicholas C. G. Mott COX & PALMER 1100-1959 Upper Water Street PO Box 2380 Central Halifax, NS B3J 3E5

Solicitor for the Plaintiff

Andrew Rankin, Barrister Burchells LLP (Halifax Office)



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'You could feel the enthusiasm'



Rob Anders was sitting in a Carl's Jr. in Tucson, Ariz. eating a hamburger with an 83-year-old 'biker momma' when he realized how much of an impact he made.

Driving all the way down from Calgary to Tucson, Anders had one purpose in mind: stump for Trump.

So on the day leading up to the election, Anders stopped in at the Republican office in Pima County where he called hundreds of people to educate and remind them to get their ballots in by 7 p.m. the following day. He also drove Americans to polling stations on election day - including his newfound biker momma friend.

"I would've liked to have spent more time helping out their cause. Had I been able to, I would have spent weeks," said

His decision to roll down to the U.S. to support now Presidentelect Donald Trump was spurred by his belief in lower taxes and second amendment rights.

Often a controversial Canadian

The U.S. election results have

proven to be a boon to Bitcoin in-

vestors — the value of the digital

currency jumped up three per

cent as the election results rolled

around the globe were taking a

vestor and organizer of Calgary's

Bitcoin meet up group, said the

currency has become a hedge for

Perrin, the spike was expected.

ing in, and they're freaking out

"You do see new people com-

This is while other markets

Benjamin Perrin, Bitcoin in-

in on Tuesday night.

market uncertainty.

downward turn.



I would've liked to have spent more time helping out their cause.

Rob Anders

political figure, Anders said he was motivated to help because of Trump's proposed tax cuts something he wanted to ensure Americans were able to enjoy.

Anders is also president of the Firearms Institute for Rational Education, and said having the right to own a firearm is fundamental.

"I think that freedom of speech, freedom of assembly and freedom of worship, are all dependant upon the ability to defend oneself and to have a firearm. (Trump) was very strong with regard to his thoughts on that," said Anders.

On election night, Anders said he spent the night anxiously waiting for the results to come in and when the Trump presidency was announced, he cheered with a number of supporters.

"You could feel the enthusi-

over a \$30 or \$40 price swing.

You get a lot of, 'oh, you must

like a 'out' for people who want

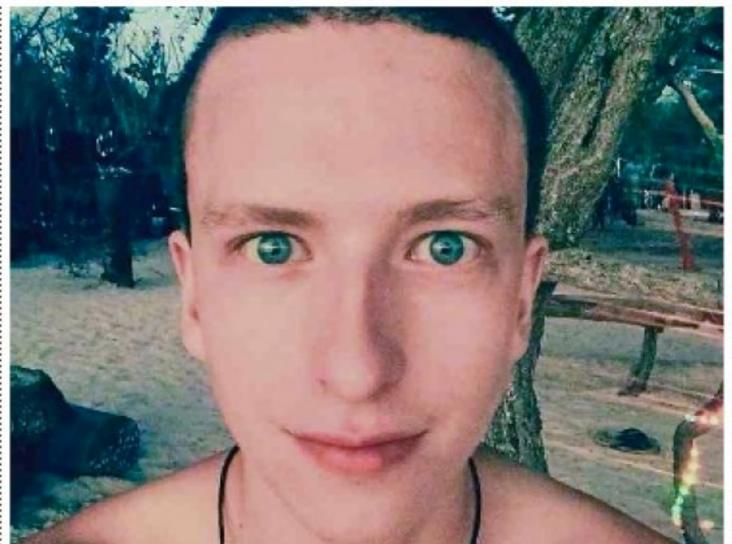
to protect themselves from an

uncertainty in the current system.

After the initial shock of the

Perrin feels Bitcoin is almost

be new here."



★ NEW AMERICA ★



Calgary filmmaker Chris Ball says he was assaulted after results on U.S. election night. He says was left with five staples in his head - but said the bloody picture makes it look worse than it really was. Despite it all, he remains in 'pretty good spirits.

Canadian assaulted on U.S. election night

Bitcoin values surge

Gay filmmaker says he was assaulted by homophobic men



Aaron Chatha Metro Calgary

Calgary film producer Chris Ball

is coming back from America's

presidential election with five

staples holding together the gash

Santa Monica, Calif. bar watch-

Ball spent the evening in a

Trump presidency, Perrin thinks that Bitcoin values will return to business as usual. The currency has been increasing in value "Anybody who's a professional

For a long-time investor like day trader that's trying to ride the volatility — they're having a : on top of his head. fantastic time."

AARON CHATHA/METRO

ing poll results come in. As the election progressed, he said attitudes in the bar became more and more heated — on both sides of the campaign.

"People started launching homophobic slurs at me from afar," he said. "I mean, I kind of got into it, but I didn't want to provoke them."

They were saying things like, We got a new president you f--king faggots.'

When he later left the bar, alone, he was walking through an alley when he was jumped by a group of men - one of which smashed a bottle over his head.

He fell back, his head smashing against the concrete, where

I'm alive and well and still very gay.

Chris ball

he blacked out.

"When I came to, I remember waking up and wiping the blood from my eyes. I called some friends, they picked me up and I went right to the hospital," he

He was stitched up at the hospital and said he's feeling fine.

Santa Monica police were not immediately available for comment to confirm details of Ball's

In retrospect, Ball doesn't think it was really a political issue it was a hate issue, fuelled by the charged atmosphere of the election night, with a group of drunk people who used Trump's rhetoric as an excuse to get in a fight. He feels it could very well have been a Clinton supporter, or just someone else with a homophobic attitude on any other night - it's an ongoing issue.

He does feel, as Americans are more charged up, incidents like these may come up more in the near future, but he doesn't feel this event is representative of all Americans, or even all Trump supporters.

2016 BETWEEN:

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SUPREME COURT OF NOVA SCOTIA National Bank of Canada, a body corporate Hfx No. 449047

PLAINTIFF

- and -Natasha F. Smith and Grant Thornton Limited, in its capacity as trustee of the estate of Tony A. Beals

Notice of Public Auction

DEFENDANTS

To be sold at public auction under an Order for Foreclosure, Sale and Possession, unless before the time of sale the amount due to the Plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

All that certain lot of land being at 147 Johnson Road, North Preston, Halifax County, Nova Scotia, identified by PID 41176314 and referenced at Schedule "A" of the mortgage dated April 30, 2009 and recorded at the Land Registration Office for Halifax County as Document No. 93293992. This property is registered pursuant to the Land Registration Act.

A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Prothonotary's office and may be inspected during business hours.

Date of Sale: Tuesday, November 15, 2016

Time of Sale: 11:30 a.m. local time.

Place of Sale: Halifax Law Courts, 1815 Upper Water Street, Halifax NS B3J 1S7.

Ten per cent (10%) deposit payable to "McInnes Cooper "in trust" by cash, certified cheque or solicitor's

trust cheque at the time of sale, remainder within fifteen (15) days upon delivery of deed.

Signed October 11, 2016 Nicholas C. G. Mott COX & PALMER 1100-1959 Upper Water Street PO Box 2380 Central Halifax, NS B3J3E5

Solicitor for the Plaintiff

Stephen Kingston, Barrister McInnes Cooper (Halifax Office) 2016 SUPREME COURT OF NOVA SCOTIA BETWEEN:

Hfx No. 454008

SHORE PRINT INC., a body corporate

DEFENDANI

PLANTIFF

NOTICE OF PUBLIC AUCTION

BLUE WATER BUSINESS DEVELOPMENT CORPORATION LIMITED, a body corporate

To be sold at Public Auction under an order for foreclosure, sale and possession, unless before the time of sale the amount due to the

plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid: Property: ALL that certain parcel of land known as 47 East Jeddore Road, Oyster Pond, Halifax County, Nova Scotia, also known as PID

00625855 and more fully described in the mortgage registered at the Halitax County Land Registration Office as document number 95451994. The parcel has been registered pursuant to the Land Registration Act.

A copy of the description of the property, as contained in the mortgage foreclosured, is on file at the Prothonotary's Office and may be inspected during business hours.

Date of Sale: November 15, 2016

Time of Sale: 9:00 o'clock in the Forencon.

Place of Sale: The Haifax Law Courts, 1815 Upper Water Street, Haifax, Nova Scotia

Ten per cent (10%) deposit payable to McInnes Cooper, in trust by cash, certified cheque, or solicitor's trust

cheque at the time of sale, remainder within tifteen days upon delivery of deed.

Signature

Signed on the ____ day of October, 2016.

Denny L. Pickup

Haifax, NS B3J 3N4 Telephone: 902-423-6361/Fax: 902-420-9326

10884-1067851/csm

Stephen Kingston, McInnes Cooper

'Hardest glass ceiling' will shatter

★ NEW AMERICA ★

Clinton urges unity among divided nation

Gone was the ballroom with a soaring glass ceiling, the confetti and the celebrity guest stars. Instead, Hillary Clinton looked out to a group of grief-stricken aides and tearful supporters, as she acknowledged her stunning loss of the presidency to Donald

"This is painful," Clinton said, her voice crackling with emotion, "and it will be for a long time." But she told her faithful to accept Trump and the election results, urging them to give him "an open mind and a chance to lead."

Before Clinton took the stage at a New York City hotel, top aides filed in, eyes red and shoulders slumped, as they tried to process the celebrity businessman's shocking win after a campaign that appeared poised until Election Day to make Clinton the first woman elected U.S. president. Clinton, who twice sought the presidency, told women: "I know we have still not shattered that highest and



Hillary Clinton speaks on Wednesday after her defeat in the U.S. election. AFP/GETTY IMAGES

hardest glass ceiling. But someday, someone will and hopefully sooner than we might think right now."

Her remarks brought to mind her 2008 concession speech after the Democratic primaries in which she spoke of putting "18 million cracks" in the glass

"To all the little girls who are watching this, never doubt that you are valuable and powerful and deserving of every chance and opportunity in the world to pursue and achieve your own

dreams," she said as her husband, former President Bill Clinton, stood wistfully by her side.

In perhaps a subtle nod to bridging the red state and blue state divide, Clinton wore a purple blouse and a dark blazer with a purple lapel while her husband wore a purple tie. Flanked by her husband,

daughter Chelsea Clinton and running mate Virginia Sen. Tim Kaine, Clinton said she had offered to work with Trump on behalf of a country that she acknowledged was "more deeply divided than we thought."

The results were startling to Clinton and her aides, who had ended their campaign with a whirlwind tour of battleground states and had projected optimism that she would maintain the diverse coalition assembled by President Barack Obama in the past two elections. The devastating loss for the party, which will no longer hold the White House and will continue to be in the minority of both chambers of Congress, was certain to open painful soul-searching among Democrats, who had endured a lengthy primary between Clinton and Vermont Sen. Bernie Sand**ers.** THE ASSOCIATED PRESS

Obama vows peaceful transition

In an awkward political ritual, President Barack Obama urged the nation Wednesday to join him in rooting for Presidentelect Donald Trump's success, even as he and his shellshocked aides prepared to watch a successor undo much of their work.

Conceding Hillary Clinton's loss, Obama vowed to do all he could to facilitate a smooth transition and to ensure Trump would be well-positioned to run the country.

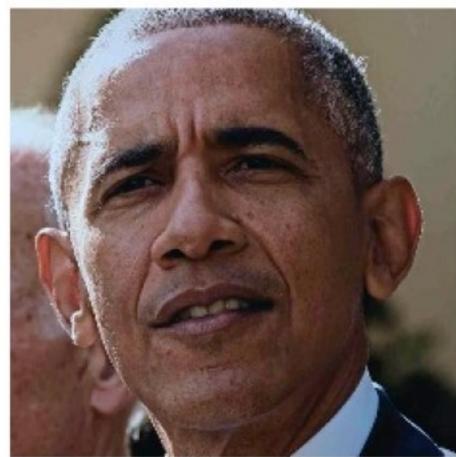
He'd congratulated Trump by phone and invited him to sit down together at the White House.

"We all want what's best for this country," Obama said.

Obama delivered his sunny call for unity while standing in the Rose Garden, much as his predecessor President George W. Bush did after Obama's victory in 2008. It was a symbolic moment meant to signal the calm transfer of power from one president to the next.

But it was also a bit of counselling for devastated Democrats. Obama spoke to more than a hundred of his White House staffers, who stood silently, dazed, some crying, before breaking out into a prolonged round of applause that continued long after Obama returned to the Oval Office.

Obama made no direct reference to Trump's vows to



President Barack Obama, together with Vice President Joe Biden, addresses the nation after Donald Trump was elected. AFP/GETTY IMAGES

erase much of what Obama has accomplished. He downplayed the notion that Trump's presidency would mean an about-face for the nation.

He said the U.S. has a tendency to "zig and zag" rather than move in a straight line, and he added, "That's OK."

Obama remarks were striking after a campaign in which the Democrats declared Trump was unfit to serve and Obama told voters that "the fate of the republic" rested on defeating Trump.

Obama and Trump in the wee hours of Wednesday, after Trump claimed victory, was a "warm conversation" and a "gracious exchange," Trump's campaign manager said.

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'She never said yes'

I made those

decisions. She

never said no to

this or no to that.

Scott Wagar

A man facing trial for the second time in a high-profile sexual assault case said Wednesday his accuser never directly told him it was OK for the two of them to have sex in a bathroom at a house party.

Alexander Scott Wagar, 29, was being cross-examined by

Crown prosecutor Janice Walsh, who questioned him about whether he asked the alleged victim at any time if she wanted to have sex with him, or if he felt he need-

ed to do so. "You made those decisions?" Walsh asked.

"I made those decisions. She never said do this or do that. She never said no. She never said 'Stop, I don't want to do this'." answered Wagar.

"But she never said yes?" "No," he said. "She never said yes directly." He re-enacted in intricate detail how he and the complainant, who was 19 at the time. first had sex on the bathroom counter of a Calgary home in December 2011 and then moved to the shower. Wagar perched

on the edge of the witness box and then crouched down, leaning back against it, as he gave a running narrative of what he said happened. He also explained how he lathered the woman up in the shower.

Judge Jerry LeGrandeur cautioned Wagar a couple of times

saying he didn't need to go into quite so much detail.

During the original trial, Robin Camp, who was then a provincial court judge, asked the complainant

why she couldn't just keep her knees together and told her "pain and sex sometimes go together."

Camp acquitted Wagar in 2014, but the verdict was overturned on appeal and a new trial was ordered. It is being heard by judge alone.

Wagar has insisted during the retrial that the sex was consensual. He testified the two had been smoking pot in the bathroom before it happened and he decided to "go for it."

"She didn't shy away from me," he said. THE CANADIAN PRESS



REMEMBRANCE

Sgt. Buckley sees signs of disorder in her child, grandkid

When retired soldier Jacqueline Buckley sees her fouryear-old grandson get angry, she can't help but think of her own capacity to explode with rage. She also thinks of the fury that can be unleashed by his mother, her daughter.

The former sergeant believes this is the legacy of her post-traumatic stress disorder, a harrowing psychological wound she was diagnosed with in 2009. She suspects it is buried deep in her family tree.

She notes that her own military dad was a stoic man who refused to discuss what he did during postings to Germany and Cyprus. Their cold relationship was not unlike the one she would forge with her own kids. "I knew he loved me but I don't think I ever felt it," says Buckley, who lives in Carstairs, Alta.

Now she frets over the fate of her daughter's hyperactive toddler, a rambunctious boy who she suspects may have behavioural issues, as well as his 12-year-old half-sister. Buckley believes they're hobbled by a rocky childhood in which their young mother fell in and out of violent relationships and became addicted to oxycodone



Jacquie Buckley, left, a retired member of the Canadian military, poses with her daughter Teresa Steeves, right, and her grandson Mason Rafuse-Steeves in Calgary. JEFF MCINTOSH/THE CANADIAN PRESS

Buckley blames part of those struggles on her own poor care-

giving skills, which she says went south in 1998. She was part of a grisly mission to analyse dental children but I didn't says she "just remains of the victims of Swissair Flight 111, the airliner that smashed

into the Atlantic Ocean a few kilometres from Peggys Cove, N.S., killing all 229 people on

At the end of a long day at the morgue, Buckley who was a single mom at the

time - would

go home, have a bath and cry. Her daughter Looking back, I was aged 10 know I love my but Buckley checked out" know how to feel as a mother. "I love. I was cold. was home but I wasn't there,"

Sgt. Jacqueline Buckley

she says, admitting she "was probably a very mean parent."

"Looking back, I know I love my children but I didn't know how to feel love. I was cold," says Buckley, who was medically released from service in 2010. As the years went on, her anxiety grew "and anger became huge." She had trouble sleeping, pursued toxic relationships, suffered unexpected odour-based flashbacks, and obsessed over indelible memories of human remains.

Today, Buckley suspects her children and grandchildren are mirroring some of her symptoms, believing they suffer from a condition sometimes referred to as vicarious trauma. compassion fatigue, or secondary PTSD. THE CANADIAN PRESS



Reopening prison farms garners 'strong support'

Public consultations carried out by the federal government suggest there is "strong support" for reopening prison farms that were shut down across the country six

years ago.

The Liberal government is currently carrying out a feasibility study on penitentiary farms and is looking in particular at the possibility of reopening two in the Kingston, Ont., area. THE CANADIAN PRESS



'Afghan Girl' returns home

AFGHANISTAN

Famed photo subject was deported from Pakistan

Afghanistan's president on Wednesday welcomed home Sharbat Gulla, National Geographic's famed green-eyed "Afghan Girl," just hours after she was deported from Pakistan, the latest in the odyssey of the globally recognized refugee.

Gulla's deportation came after a regional court in the Pakistani city of Peshawar convicted her on charges of carrying a forged Pakistani ID card and staying in the country illegally.

Gulla's deportation has drawn international attention and criticism of Pakistani authorities over their perceived harsh treatment of Gulla - and other Afghans who Islamabad says will be expelled as illegal immigrants.

She gained international fame as an Afghan refugee girl in 1984, when war photographer Steve McCurry's photograph of her, with piercing green eyes, was published on National Geograph-



Afghan President Ashraf Ghani, right, gives an apartment key to "Afghan Girl" Sharbat Gulla. THE ASSOCIATED PRESS

ic's cover. McCurry found her again in 2002.

In 2014, she went into hiding after authorities accused her of buying fake Pakistani documents. She was arrested in late October and the Peshawar court earlier this month ordered her deported.

Peshawar official Fayaz Khan said Gulla, a widow, and her children were taken by convoy to the border with Afghanistan before dawn Wednesday.

From there she was flown to Kabul where President Ashraf Ghani and his wife Rula hosted a reception for Gulla at the presidential palace. Ghani also handed her keys to a fully-furnished apartment.

"It is a privilege for me to welcome her. We are proud to see

that she lives with dignity and with security in her homeland," Ghani said.

She looked visibly unhappy and before crossing, turned once to look back at Pakistan, her home of many years, and murmured good wishes for the Pakistani people, according to two customs officials at the scene. The officials spoke to The Associated Press on condition of anonymity because they were not authorized to talk to the media.

After the Peshawar court sentenced Gulla to 15 days in jail and a fine of \$1,000, she fell ill and was admitted to the city's Lady Reading hospital.

The hospital staff gave Gulla a bouquet of red roses as she was taken away Wednesday, said Dr Mukhtiar Zaman, who described her as still being weak from her illness.

Around 3 million Afghans live in Pakistan, most of them as refugees who fled over the almost 40 years of continuous conflict. Pakistan recently stepped up their expulsions, forcing tens of thousands across the border into Afghanistan, where many find themselves rootless after so many years of exile. THE ASSOCIATED PRESS

LONDON

Seven die as tram tips

Seven people were killed and more than 50 injured when a tram derailed while rounding a tight curve in a rainstorm in south London Wednesday, police said.

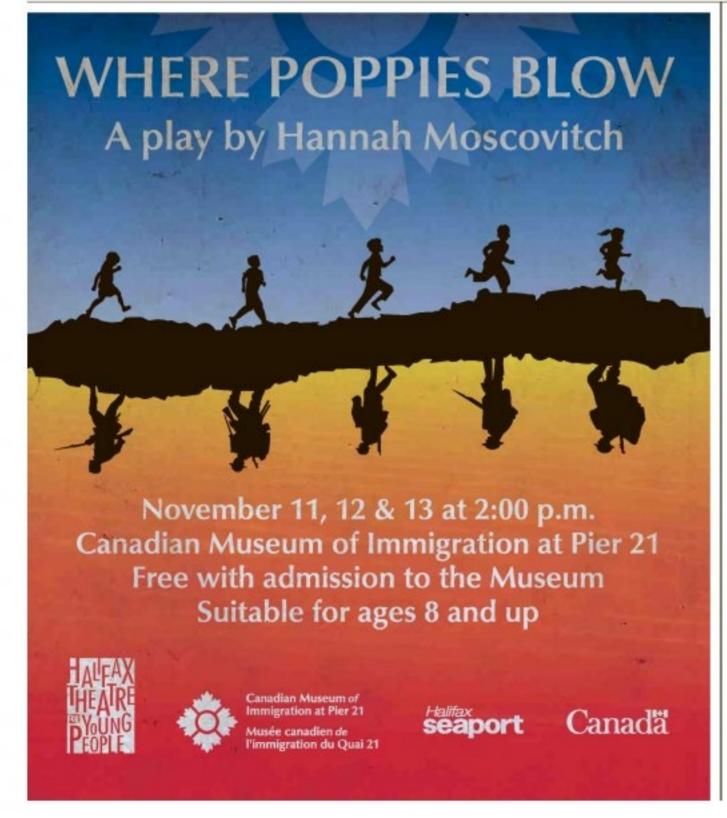
The Rail Accident Investigation Branch said the tram derailed as it was negotiating a sharp curve with a speed limit of 20 km/h.

British Transport Police initially said five people had died, with several others seriously injured. The force later raised the death toll to seven.

Police arrested the 42-yearold tram driver on suspicion of manslaughter.

Wednesday's derailment is the first tram accident with onboard fatalities since the 1950s, but official figures show that 20 people were injured in 112 tram-related accidents in the year to March, including one derailment and two collisions with other trams.

Prime Minister Theresa May and London Mayor Sadiq Khan sent condolences to the injured and the families of the dead. THE ASSOCIATED PRESS



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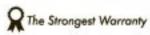
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MELWS

Your essential daily news

Weekend, November 10-13, 2016

JESSICA ALLEN ON THE WEIRDEST ELECTION EVER

It's not funny. It's so absurd that it's beyond the realm of satire. And I wonder, while we are laughing, if the joke is on us.

Boy, we've had some good laughs over the last 18 months. There was the hair, the tiny hands, the tan, a "bigly" or two, "nasty woman" and don't forget "lock her up."

And it wasn't just latenight talk show hosts, Saturday Night Live, and satirical websites capitalizing on the circus, but the mainstream media, too. The New York Times, for example, recently published a list of the 282 people, places and things Donald Trump has insulted.

Today, however, the day after a reality-television star was elected the 45th president of the United States of America, it's not funny. It's so absurd that it's beyond the realm of satire. And I wonder, while we are laughing, if the joke is on us.

But it was funny, wasn't it? At least in an unbelievably dark sort of way: A failed casino mogul who has franchised his name, has the backing of the world's most elite hacking unit and the world's most powerful proto-totalitarian state, ran for president with zero political experience, demanded the imprisonment of his opponent, and was endorsed by the KKK — and his name is Trump. Thomas Pynchon couldn't make that up.

Although Trump's rallying cry of "the system is rigged" has now been hushed since the system allowed him to win, that was funny, too, in the way a funhouse mirror

How could an entire industry dedicated to making sense of all this have gotten it so wrong?

is: showing you a laughable version of your face, until you notice that giant zit on your chin.

Because, whether we like the rhetoric or not, there is a good argument to be made that it's true. Not literally rigged — although African Americans in North Carolina may disagree — but how did a primary proceed in which Hillary was allegedly given debate questions ahead of time Just part of the vertigo-inducing nature of this election is that one of those people (Clinton) also happened to be the most qualified candidate in the history of American politics.

But there's nothing funny about the way much of the media has framed Trump as a cause, rather than a symptom, of what's wrong with America: as this demagogic figure that emerged from a bubble



CHANGING TIMES Presumed shoo-in Philip Roth lost the Nobel Prize in literature to Bob Dylan, the man who taught us that answers blow in the wind, so Trump's victory wasn't the first election to elicit disbelief, Jessica Allen writes.

THE ASSOCIATED PRESS/CHRIS PIZZELLO

to battle Bernie? When Russian hackers forced the ouster of the DNC chairwoman when it was revealed that the party apparatus had rallied in Clinton's favour? Why do we believe the women who've accused Trump of sexual assault but not those who've accused Bill Clinton of the same?

How did the two most disliked candidates in American history come to represent their parties in the race for the country's highest office? and released his anti-democratic, racist and misogynistic ideas into the country.

As recently as Sunday, for example, the New York Times' Maureen Dowd posited that when historians write about this election, "The epic dark saga will unfold this way: A man filled with fear and insecurity, created a hatemongering character and followed it out the window."

But these dark and twisted ideologies so vigorously

lapped up by Trump's supporters have been brewing beneath the surface since long before he announced his candidacy. Trump just stirred the pot.

How could an entire industry dedicated to making sense of all this have gotten it so wrong? I don't know what's more puzzling: how wrong the media was or how puzzled they are over how wrong they were.

Still, it's not the first election to elicit disbelief. Philip Roth, who many thought was a shoo-in for this year's Nobel Prize in literature, which went to the man who told us the answers are blowing in the wind, was so incredulous after watching Richard Nixon in televised presidential debates that he was filled with "professional envy."

Twenty-four years later, in a 1984 interview with the Paris Review, Roth said: "Any satirist writing a futuristic novel who had imagined a President Reagan during the Eisenhower years would have been accused of perpetuating a piece of crude, contemptible, adolescent, anti-American wickedness."

I sometimes wonder how Suetonius, the ancient historian, or professional muckraker depending on who you ask, felt as he wrote The Twelve Caesars.

If they lived in our time, these leaders would be better suited to reality television — think Caesar's combover, Caligula's horse, and all that poison — than to public life. But it would hardly make a difference because there is no "real." It's all reality television now. Maybe it always has been. "So sad."

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA

Think it's hard to tell kids about politics? Try talking to your parents.

Talking about politics with parents isn't easy. While my mother, a political science nerd, cannot be prevented from having a political opinion, my father, a serious statistician, would rather we all got along. Quietly. Some parents are more vocal and politically inclined than others. As a whole, however, there is a troubling silence between generations on the issues and ideas that matter.

The political intentions of young people are not a mystery to me. In this election, according to exit poll data from CNN, young people from almost every racial group voted for Clinton as expected. (The exception to that being 18-29-year-old whites, who gave 48 per cent of their vote to Trump, and that is a column for another day.)

But what are the voting concerns of people my parents' age? And how do we bridge our two political worlds?

I think more people could start over the dinner table. Politics is hard, but it's harder to yell at a relative with pasta in your mouth. Hard, but not impossible, so chewing slowly is also key.

It's a conversation even the stars will be having. TMZ reported that during her appearance at Javits Center in support of the Clinton campaign, Katy Perry said although her parents had voted for Trump, there would still be peace at her family's Thanksgiving table.

There should be peace, but there should also be a willingness to participate in the ideas we all hold. I use humour to open up a space for important conversations.

As we watched the second debate of the election over Thanksgiving dinner, I asked my dad, "Are you a feminist?" He laughed but didn't answer. Minutes later, I persisted, "But, no though, are you a feminist?"

He shrugged, "That's a big question. I don't know if I know what that means."

He continued to demur to the point that it became a running joke between us over the rest of the night. I would corner him in the kitchen and he'd laugh off the question.

Yesterday, he called me from his office in upstate New York to commiserate. He hadn't found feminism exactly, but he too was inescapably saddened by the Clinton loss.

Not everyone can joke and prod their parents into a political reckoning. For people who feel safe in their family's unconditional love, there is an immense value in asking questions, listening and learning.

The Trump campaign, and the movements that preceded it, have revealed that racism, sexism and rage are still potent political forces.

Can you still sit peaceably without knowing if your parents are taking those attitudes from the dining room and into the voting booth?



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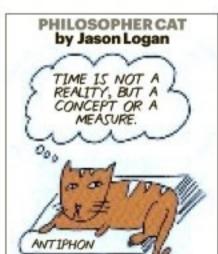
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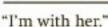
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Sneh Duggal For Metro Canada



World-renowned singer Beyoncé spoke these words of support for Democratic candidate Hillary Clinton just days before Americans voted for their new

leader, Donald Trump. Clinton walked out onto a

stage in Cleveland on Nov. 4 as rapper Jay Z told the crowd: "I would like to introduce to you the next president of the United States, Mrs. Hillary Clinton."

Clinton was all smiles that night, embracing Beyoncé, who wore a pantsuit for the occasion, and her husband, Jay Z.

Their message was clear: vote for Hillary Clinton.

"I want my daughter to grow up seeing a woman lead our country," Beyoncé told the crowd.

Clinton's campaign trail had a star-studded cast, with many celebrities vocalizing support for the democratic candidate, showing up or performing at events and rallies. This included singers Katy Perry and Lady Gaga, comedian Amy Schumer and actresses Lena Dunham and Meryl Streep.

But when Trump raced ahead at the polls on Nov. 8, some questioned the impact of celebrity influence.

Boyd Neil, senior digital strategist with Hill + Knowlton Strategies who teaches a course on reputation management at Ryerson University, said celebrities do not have the impact on campaigns that people might think.

"There's nothing wrong with having a celebrity on your side, (it's) better to have them on your side than against you, but does it make a fundamental difference? No it doesn't."

Why not even Bey in a pantsuit could help Hillary Clinton's celebrity endorsements may have worked against her

DUANE PROKOP/GETTY IMAGES

Neil said while people enjoy individuals as celebrities, they do not necessarily trust their judgment when it comes to politics, economics, social issues or international affairs.

He said there was also a very strong belief among especially white working class men in the United States that there was an entrenched elite in Washington and that Clinton was part of that elite.

Some who voted for Trump

did so despite knowing his flaws "because he ran a campaign that said the elites in Washington are preventing America from being great, so let's make America great again



It worked in the sense that it spoke to her base, but it didn't really attract anyone on the other side of the aisle.

> Clive Veroni, brand strategist and president of Leap Consulting

by getting rid of the elites," Neil said.

Meanwhile, some view celebrities as elites.

"So when elites ... come out and say support Clinton, when you believe the elites in Washington are the cause of the problems in the U.S., then they have no impact on the people who vote."

Clive Veroni, a brand strategist and president of Leap Consulting, said that the celebrity endorsements were important for Clinton supporters. "It kind of reinforced their self perceptions and their perception of Clinton as a brand and made them feel better about her as a candidate," said Veroni, also author of Spin: How Politics Has the Power to Turn Marketing On Its Head.

But for the other half of the electorate, Trump supporters, many of them white males without a college education, the celebrities endorsing Clinton were "exactly who they don't want to be associated with."

"It worked in the sense that it spoke to her base, but it didn't really attract anyone on the other side of the aisle." he said.

But more than associating themselves with celebrities, Veroni said the concerts and events held were an attempt to capture data and reach out to people, particularly millennials and racial and ethnic minorities and encourage them to vote.

Exit polls show Clinton secured 55 per cent of the vote amongst those aged 18-29, while Trump won 37 per cent. But Clinton's numbers were lower than those of U.S. President Barack Obama in 2008 and 2012 (60 per cent and 66 per cent, respectively), according to the Pew Research Center.

Veroni said there probably weren't many undecided voters leading up to election day, but that celebrity endorsements wouldn't have made much difference on these individuals.

"I don't (think) anyone would have been particularly swayed in their allegiance to one political party or another based on which celebrity is going and giving a concert for them." he said.



A Santa Claus who loves beer— not milk

Klaus

By: Grant Morrison, Dan Mora Publisher: Boom! Studios \$34.99, 208 pages

Mike Donachie Metro | Canada

What if Santa Claus was Batman?

If that idea is blowing your mind, that's because comics superstar and Scottish uberweirdo Grant Morrison came up with it, and it's a beauty.

In classic comic-book style, it's an origin story. Deep in the forests of non-specific historical Europe, villagers are being mistreated by a despotic overlord who is hell-bent on summoning a demon.

But out from the dark woods comes a man called Klaus, seeking a place to rest and a beer to quaff. The village of Grimsvig isn't how he remembers it, and he falls foul of the evil baron's henchmen when he points out that ruling with an iron fist should get you on the

naughty list.

What's a man to do? Well, save Yuletime, of course, armed with a perfect physical form, his heroic nature, a pet wolf, and the shamanic powers of non-Christian winter tradition. He also has a sack of toys.

If ever there was a perfect comic book for Christmas gifting, it's this. It's cool, exciting and so much fun.

And it shows that Santa drinks beer, not milk.



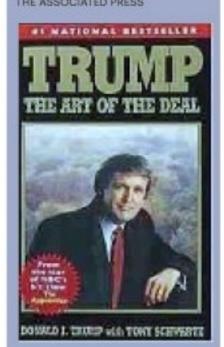


Sales for Trump books jump after election

The impending presidency of Donald Trump is already helping his books sell.

Trump's breakthrough bestseller from the 1980s, The Art of the Deal, and his campaign work Great Again were on Amazon. com's "Movers & Shakers" list Wednesday of books making the biggest jumps on the bestseller list.

The Art of the Deal soared from No. 1,107 to No. 24 and Great Again from 5,340 to 172. THE ASSOCIATED PRESS





Award-winning author Ian Rankin says "big moral questions" drive the plot lines in his stories.

THE NEW JOHN RESUS

Edinburgh is like

Jekyll and Hyde.

It's two cities.

Ian Rankin

lems related to unemployment.

go way back in the Scottish

capital. Rankin says the Jekyll

and Hyde tale was inspired by

a real-life character: William

Brodie. Brodie was a respect-

able cabinet-maker and lock-

smith in Edinburgh by day. By night, he used those same

"Edinburgh is like Jekyll and

It's the shadowy side Re-

bus inhabits. But as much as

the shadows go way back in

Edinburgh, police work has evolved for Rebus and his real-

life counterparts in Edinburgh.

What used to be eight regional

Hyde," says Rankin. "It's two

skills as a burglar.

cities."

That contrast of polished surface and criminal underworld

CRIME FICTION

A retired detective with knack for solving puzzles



Laura Boast Metro | Toronto

Ian Rankin loves Canada.

The award-winning crime writer and his wife took a tour of the Maritimes this fall, with a plan to drop in on their friends Mary Walsh and Donald Nichol in St. John's. Yes, that Mary Walsh, a.k.a. Canada's Warrior Princess Marg Delahunty.

"I'm well-connected," he says with a smile.

It's easy to imagine Rankin's fictional detective, Insp. John Rebus, loving Mary Walsh and the East Coast, too. Colourful characters, acerbic wit, and a keen understanding of the human condition play large there, just as they do in Scotland.

The latest installment in the Rebus series is out this month: Rather Be The Devil. Metro sat down with Rankin at U.K.'s Crimefest to talk about Edinburgh as the setting for the Rebus series.

"It always seems to be calm and rational on the surface," he says. "It's a well-to-do city with tradition and history. It's this living museum."

But just underneath the polished surface, there's a gritty reality of drugs, gangsters, human trafficking and prostitution, along with social probpolice divisions is now one colossal organization: Police Scotland.

Needless to say, some of the books' characters, like the younger DI Malcolm Fox, chafe

against the involvement of other investigators parachuted in from outside the city. There's also technological progress in forensics, like DNA testing. But real life is nothing

like a CSI episode in Scotland's

police labs, says Rankin.

"We've not got that kind
of machinery," he says. "We
don't have the funding for it.
You could send samples to the
States for analysis, but that
would take time."

It all means that Rebus, who prefers old-style, instinct-driven detective work, does well in his new role in the series as a consulting detective to his old colleagues DI Siobhan Clarke and DI Fox.

Rebus had to retire from the force at 67, but as a consulting detective he can keep his hands in things. It's similar for Rankin, whose police contacts have retired.

Even as crime and forensics evolve, the roots are still the same.

"The motivations are still the seven deadly sins," says Rankin. "The same question pertains: Why do humans keep doing things, bad things to each other? I'm fascinated by big moral questions and puzzle solving."

Maybe that's why his character is named Rebus — a type of puzzle. The fictional detective has plenty of life behind him, and plenty of life still in him, to solve the mysteries in Edinburgh's shadows.





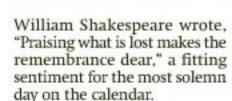
In Paul Gross's Hyena Road, three conflicts stand at the intersection of modern warfare, a murky world of fluid morality in which all is not as it seems. CONTRIBUTED

Gripping films pay tribute to soldiers

REAL STORIES

War movies that serve as a Remembrance Day backdrop

Richard Crouse For Metro Canada



Every November 11 we pay respect to "the men and women who have served, and continue to serve our country during times of war, conflict and peace." In observation, here's a list of movies to serve as a backdrop on this sombre day.

The Best Years Of Our Lives is 70 years old, but the story of servicemen struggling to rebuild their lives after the Second World War is timely and rel-

Perhaps it feels so authentic because the crew were all Second World War veterans and the main character, who faces discrimination after losing both hands in combat, was played by real-life Nova Scotia-born disabled vet Harold Russell.

The actor, who lost both his

hands while training paratroopers, won two Oscars for his work, a best supporting award and another for being an inspiration to all returning veterans, making him the only performer to win twice for the same role.

The Hill, a little known British film that features one of Sean Connery's best performances, shows war from a different point of view. Set during the WWII in North Africa, it's the story of a stockade run by Brits to punish deserters. Writer Ray Rigby based the screenplay on his two terms in military prison. Connery wedged it in between Goldfinger and Thunderball and it is a stark contrast to the glamorous work he was doing in the Bond films.

We can't talk about war films on Remembrance Day without paying tribute to Canadian soldiers. A pair of films from Paul Gross, Passchendaele and Hyena Road, are the best-known homegrown explorations of Canadians in battle, but they are very different films.

Passchendaele is a hybrid of romance and war movie based around the 1917 battle for Passchendaele that lasted four months and claimed 600,000 causalities on both sides. The story sprung from a conversation Gross had with his grandfather who told him about bayonetting a young German, killing him during a battle. Years later

as his granddad lay dying in a hospital bed he asked for forgiveness over and over. Only Gross knew he was speaking to the young German he had killed in the First World War.

Gross based the screenplay for Hyena Road on another personal experience, conversations he had with Canadian troops in Afghanistan. It's a complicated part of the world, but this isn't a complicated movie. It's a film that clearly and concisely states its thesis that this conflict isn't a matter of winners or losers, but of uncertainty that will eventually lead to an end state.

In that way it's more Zero Dark Thirty than American

"Passchendaele was partly the way it was because it was the bridge between the romantic period and the modern era," says Gross. "I think Hyena Road is post-modern in that the nature of warfare contains almost no romanticism anymore. It's very complicated."

Hollywood has never shied away from depicting fighting Canadians. Christopher Plummer plays Canadian fighter pilot Colin Harvey in Battle of Britain. Lloyd Bridges was Canadian Commando Major Jamie Wilson in Attack on the Iron Coast and the Devil's Brigade saw a special forces unit created from Canadian Army troops and a motley group of U.S. Army misfits.

Snipers' harrowing tales told

They suffered more casualties than any other Canadian regiment on the Allied Western Front during the Second World War.

Now, their stories are being told in the docu-drama Black Watch Snipers, premiering this Remembrance Day on History.

The film profiles Canada's Black Watch regiment through the true stories of five snipers who worked side by side to help defeat the Nazis in the 10 months following D-Day on June 6, 1944.

Four of them, all in their 90s, were alive during the making of the film and appear on camera to describe their harrowing experiences.

"It's a long and storied regiment," says Robin Bicknell, the film's director/producer.

"They had three or four Victoria Crosses in (the First) World War . . . and so I think it was in and of itself a story that needed to be told.

"For example, their first battle at Verrieres Ridge, the first big battle, 97 per cent of the kids who went up that hill didn't come back."

The snipers who recount their tales in the doc are Jimmy Bennett, Jim (Hook) Wilkinson, Russell (Sandy) Sanderson and Mike



Black Watch Snipers premieres this Remembrance Day, on History. THE CANADIAN PRESS/HO-CORUS ENTERTAINMENT INC.

Brunner.

The film is narrated through the story of Ontario-born Dale Sharpe, who died in battle and was said to be the hero of the group's platoon.

Bicknell says she tracked down the Sharpe family and interviewed them for the film after hearing the other veterans talk about him.

The film has been "life-altering" for the family.

"They didn't really know anything about what had happened ..." she says.

"They didn't know the impact he had on all of these men."

Bicknell retraced the steps the regiment took in 1944. She also hired actors for re-enactment

shoots in Elora, Ont.

"It was moving, it was powerful, they laughed, they cried," she says of the first-person accounts they filmed.

"It's almost like we time-travelled a little bit and it felt like they were right back there and could describe it in such visceral detail. It was astounding, actually. My memory is not that good!"

Two of the real-life snipers who appear in the film -Sanderson and Wilkinson have since died.

Bicknell was able to bring them and Brunner together during shooting (Bennett was unable to fly), and their reunion is captured at the end of the film. THE CANADIAN PRESS



SIAN MELIN

CHARITY GIFT GIVING

Inspired ways make giving go further

The holiday season is not just about receiving gifts — it's also about giving. It's no secret that Canadians are generous. In 2015, Canadians ranked sixth on the CAW World Giving Index ranking with 65 per cent of Canadians donating money and 38 per cent volunteering time.

This year, learn how to give back in creative ways or look for opportunities to stretch your charitable dollars even further. Here are some tips to help you get in the spirit of giving:



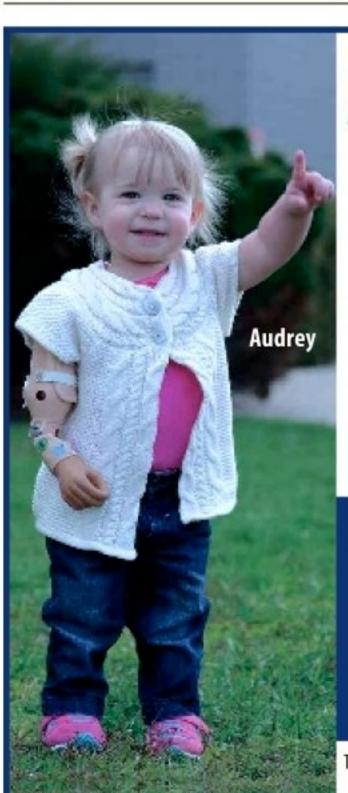
 Start a change jar. Challenge your family to put all of their spare change into a jar. At the end of the month, decide where to donate the money together. 2. Donate your talents. If you're a graphic design wiz, help your favourite local non-profit create new materials for an upcoming campaign.

3. Stretch your donation dollars.
Add value to monetary donations by giving to a cause through companies that top up or match donations. For example, from #GivingTuesday on Nov. 29 until Dec. 31, PayPal will add an additional 1 per cent to all donations made through CanadaHelps.org. CanadaHelps is a non-profit organization dedicated to increasing charitable giving across the country by making it

4. Give gifts that give back. Buy gifts from retailers who give back to a charity or cause. For example, tentree, a Canadian clothing company, plants 10 trees for every purchase made. Peace Collective supports the Breakfast for Learning program through select purchases.

easier to donate and fundraise online.

5. Involve your friends. Host a give-back challenge among colleagues to see who can raise the most money or donate the most time to their favourite organizations throughout the month of December. — NEWS CANADA



The War Amps

Leave a Lasting Gift

You can continue the legacy of "amputees helping amputees" with a charitable bequest or gift in your will. With your help, The War Amps will continue to meet its commitments to children like Audrey — and all amputees long into the future.

For information about leaving a gift in your will, please contact us.

The War Amps 1 800 363-4067 plannedgiving@waramps.ca waramps.ca

The War Amps does not receive government grants. Charitable Registration No.: 13196 9628 RR0001

Sharing a lasting legacy

People often can't help but smile when they see Kamryn Bond, 6, lay a wreath with her friend, Shannon Krasowski, 40, at their local Remembrance Day ceremony. Although an unlikely pair, they are both amputees and are part of a legacy that goes back nearly 100 years.

Kamryn is a member, and Shannon a graduate, of The War Amps Child Amputee (CHAMP) Program, which provides financial and emotional assistance to child amputees across Canada. It was war amputee veterans who created The War Amps in 1918, and later its Key Tag Service, through which the association raises its funds.

Kamryn and Shannon lay a wreath each year on behalf of The War Amps Operation Legacy as a tribute to war amputee veterans. Shannon says: "They passed this legacy to us younger amputees and now it's our turn to share their stories, so that we never forget their sacrifices."

With the public's support of the Key Tag Service, which is this year celebrating its 70th anniversary, The War Amps is able to help amputees across Canada live full and active lives.



Kamryn Bond, left, and Shannon Krasowski pay tribute to the war amputee veterans by laying a wreath on behalf of The War Amps. CONTRIBUTED



Honour loved ones with Gift of Light bulbs

A Gift of Light is a bright idea as a Christmas present which honours the people we love.

For a minimum donation of \$15, people can purchase a Gift of Light bulb at the Cobequid Community Health Centre in Lower Sackville and inscribe it. The bulbs will go on a spectacular tree in the lobby.

"They can buy a light on our tree in honour or in memory of someone who has made a difference in their lives. A lot of people buy bulbs in honour of parents or grandparents or coworkers," said Stacey Chapman, director of the Cobequid Health Centre Foundation. "Lots of seniors buy them for each other."

The tree goes up mid-November and the tree lighting ceremony is planned for Dec. 6th.

Barbara regularly purchases a Gift of Light in memory of her father. "He loved Christmas and helping others," she said. "It might seem like a small gesture but its my way of honoring his memory at Christmas. It has become my Christmas tradition."

The bulbs are a beautiful gift, but more than that they help the community: This year the money is going towards enhancements in the emergency department.

"We need to make sure we can keep the wait times low in the emergency department and we need to make some changes to ensure we're doing the best at managing infection control in the waiting area," Chapman said.

To buy a Gift of Light online, go to cobequidgiftoflight.ca, or visit the foundation's office at 40 Freer Lane.



CONTRIBUTED



Groups can raise money while recycling

Fundraising for kids' teams or charitable groups can be tough. Value Village has a unique way to raise money and it's a great way to recycle too!

Any non-profit group can collect clothing, household items, small appliances, shoes, and accessories. They bring them to Value Village in Bayers Lake where staff will purchase those items. Reg Chitty with Value Village said prices differ according to the items.

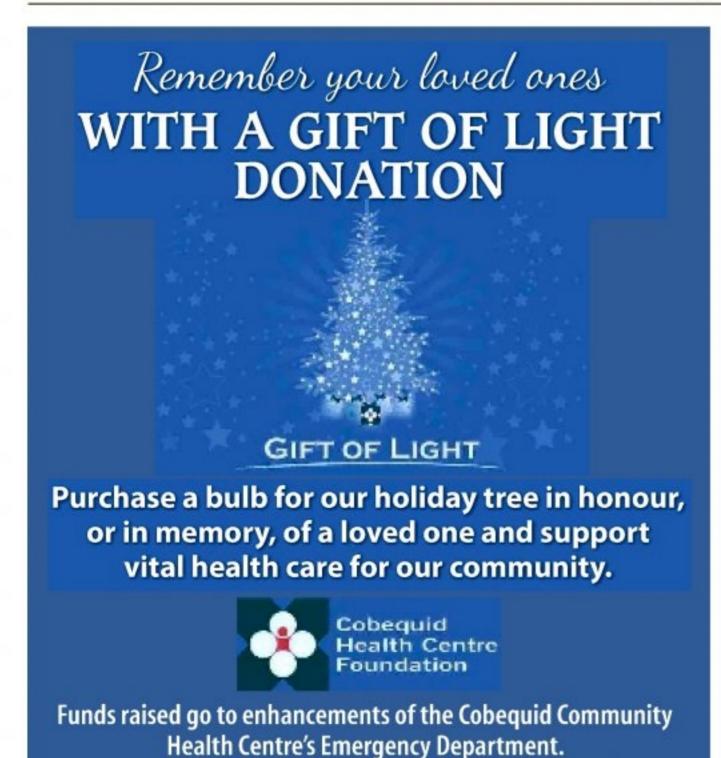
"For example, bed and bath items, shoes, etc. they will be given 15 cents a pound for it and all household items will get five cents a pound for them," Chitty said.

But it gets even better because fundraising groups are not the only non-profit organizations which benefit from this program. Value Village is a for-profit thrift store. They purchase donations given to their non-profit partners Big Brothers and Big Sisters and the Canadian Diabetes Association.

When groups bring in items for the fundraising program, those two charities will also receive money for those donations.

"So when they bring it in here we pay them for it and we also pay our non-profit partners here for it," Chitty said.

Value Village helps out in many other ways. They have a Give to Get program where they donate requested items to shelters, schools and others. And just recently Value Village connected with VETS Canada to donate household items like dishes, utensils and toasters to veterans who need help moving into a new home.



To donate call 902-869-6128 | cobequidgiftoflight.ca



SWEET IN

A FASTER, BETTER WAY TO ERASE VARICOSE VEINS

The new treatments are practically pain-free

Varicose and spider veins are something many people think of as merely unsightly, but they can be signs of a much more serious problem referred to as venous insufficiency. Patients with this condition may have heaviness, aches, discoloration, itchiness and swelling in the legs.

While varicose and spider veins are often perceived as being a cosmetic issue, Dr. Alexander Matz recognizes that it is a serious medical condition requiring appropriate diagnosis and treatment.

"Left untreated, venous insufficiency can result in serious complications, compromising one's quality of life," says Matz, founder of Canada Vein Clinics.

While the condition affects approximately 15 to 25 per cent of all adults, it's more prevalent in individuals over the age of 50. With the aging population in Nova Scotia, close to 50 per cent of residents are estimated to be affected.

"We saw a great need for vein clinics,"

says Matz. "Our clinic started in Nova Scotia in 2006 as Atlantic Vein Clinic, expanding to New Brunswick and Ontario."

The company was rebranded in 2016 as Canada Vein Clinics, and is now recognized as the largest network of vein clinics in Canada.

Traditional treatment under the provincial health care system has lengthy wait times, providing only one option for a painful surgery where veins are stripped from patient's legs, requiring up to six weeks of recovery.

The treatment options offered by Canada Vein Clinics, on the other hand, are safe and virtually painless with no recovery time.

"With today's world of technological advances in medicine, there is no need to put patients through such pain. At Canada Vein Clinics, we provide our patients with the most advanced and innovative methods of treatment," says Matz.

The procedures performed by Canada Vein Clinics are truly state of the art. Instead of stripping, veins are closed inside the body through non-invasive and revolutionary technologies. Once the affected veins are closed, it allows improved circulation by



Dr. Alexander Matz CONTRIBUTED

redirecting blood flow to the deeper vein system.

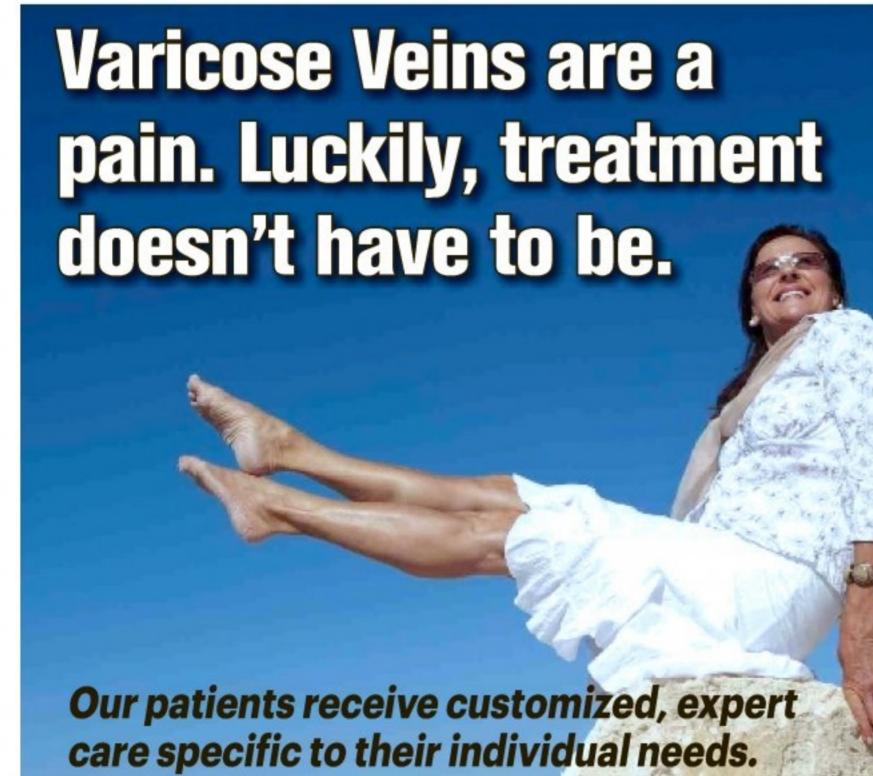
Canada Vein Clinics were the first to perform endovenous laser ablation in Atlantic Canada, and are now the only clinics offering non-thermal methods such as ClariVein and VenaSeal in the Maritimes.

Treatment options are individual to each





patient, and are based on ultrasound findings during a complimentary initial consultation. Following procedures, thorough follow-up care is implemented, consisting of five post-procedure ultrasound exams. Canada Vein Clinics are dedicated to providing patients with the best possible results, allowing individuals to look and feel their absolute best.



Spider and varicose veins are signs of a medical condition known as venous insufficiency, and should be correctly diagnosed and treated accordingly. Other symptoms of this condition include:

- Leg heaviness and fatigue
- Leg and foot pain
- Numbness
- Restless legs
- · Skin discoloration
- Ulceration
- · Swollen ankles

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METHEN HOME

Your essential daily news

Ellen DeGeneres to launch three new homes collections for 2017

A manifesto for creativity

INTERVIEW

DIY guide has a no-rules approach to design

Tiffany Pratt breezes into the small bakery carrying a vintage art book under her arm.

"I just picked this up off the sidewalk, someone left it there so I had to rescue it, " says Pratt, her signature orange hair glowing in the late morning sunlight.

Pratt is a Toronto-based designer, stylist, artist and TV personality — you might recognize her from her roles on HGTV's Home to Win and Buy It, Fix It, Sell It. She's adding published author to the list with the release of her DIY book, This Can Be Beautiful.

It's full of colourful projects presented with a no-rules approach to creating and a promise to redesign your life.

Your book is a kind of manifesto for embracing creativity. How did you come to this place in your life where you have the courage and confidence to do what you love?

My father passed when I was seven and my mom raised me and my sisters by herself. She encouraged us to tap into who we were. So I think it was through my upbringing with my mom and art. Over the years and through my 20s, I did a lot of self exploration. I had this amazing op-

portunity to work in fashion in New York and I really got heartbroken. I thought it was supposed to be creative and I thought everyone was supposed to be so eccentric and interesting and it really wasn't. And so I needed to carve my path and find out who I was and who my people were and where that was.

You're in a business where you have to be creative every day. Do you always wake up full of energy? What do you do when you don't?

This is going to sound all Hocus Pocus; somewhere inside of me is this burning thing that no matter what has happened, and even if the pilot light got so low that I thought it was going to go out, somewhere inside of me is this thing that even when I think I've got nothing it just resurrects. I just have to remember it and call on it ... So I cut the crap. I tune out the noise. And I get back to the things that I know got me to where I am.

How do you feel about places such as Pinterest? I find that going there when you are looking for inspiration can almost create a fog, a creative fog. Where do you go for inspiration?

I was at one point years ago going to create a T-shirt line that said "F— Pinterest." I thought that Pinterest really shut down everyone's ability to trust themselves and their



Tiffany Pratt says she's always looking for "the weird, the old and the ugly" to create beautiful things out of. TARA MCMULLEN

taste. Truthfully, I don't do Internet stuff ... I believe there is an energetic suck when you get on your computer. Comparison — that's the death of creativity.

What are some favourite spots to go to find crafting treasures?

Garage sales and yard sales because people get rid of stuff in mass quantities and that's what I'm always looking for when I'm making things bags of old beads, bags of old jewelry, weird old Christmas decorations. I'm always looking for the weird, the old and the ugly. I shop local as much as possible. For me, life is like a scavenger hunt.

What are three things you recommend people do to add beauty to their home?

The first thing anyone can do is paint. It's cheap, accessible and really transformational and I tell people this all the time. It's amazing what a fresh coat of paint

can do. Second, get rid of anything you don't love. Cull your space. I don't believe in keeping things that don't bring you joy. Third, make old and new interact. People feel that if they want to redo their home or make it feel special they have to get rid of everything and start again. I don't believe in that. I believe in keeping the things that have soul and things that are something to treasure and sprinkling in new amongst

You're a big fan of bold, beautiful colours. What are your tips for adding colour to your home?

The concept of finding the colours that bring you joy is similar to the way I recommend people acquire or keep what brings you joy. Noticing what colours you are drawn to and add colour in small little places.

What is your recipe for success and happiness?

The biggest piece for me is to keep your passion and your heart and your well-being at the forefront and know that everything else filters through that. You have to work for what you want and what you love. Keep your head down, don't look at other people, don't compare yourself. Just keep truckin'.

What's next for you?

I feel like I'm going into a new phase in my life. I feel like I'm doing a lot of soul working with others that was never expected and I think that my career in creativity is larger than just doing homes and making things beautiful. I think it's working now from the inside out. Doing motivational talks is becoming a huge thing for me I'm getting people to really look at their lives differently. The biggest piece for me is showing people that it's not about one thing - it's about everything. TORSTAR NEWS SERVICE

GARDENING

Manage light for flavour, tenderness



Planted close together, endives' outer leaves fold up to keep light from inner leaves, making them sweet and tender.

LEE REICH/THE ASSOCIATED PRESS

To make a vegetable more tender and less bitter, consider blanching. Plants blanche when they lose chlorophyll, which gives them their green colour. Depriving plants of light for some period reduces their chlorophyll.

Other things that make plants blanche: If leaves can't get their fill of iron, they show it by turning yellow, at first only the youngest leaves and in the spaces between the veins.

A few methods can be used to keep light off all or part of a vegetable to make it blanche. You can blanch some leafy heads of endive by simply inverting clay flower pots over them. You can also plant some so close together that their outer leaves were pushed up and over the inner ones, which then blanches.

Celery and leek stalks can be blanches by piling soil against them, and cauliflower heads by tying together their outer leaves, or just snapping down one leaf to lie over the head. Dig endive roots in the fall and plant them in boxes and then bring them down to the basement, where the roots will push out pale, new sprouts. You can make cardboard collars to wrap around and keep light from cardoon stalks.

Cauliflower and celery are rarely blanched nowadays because self-blanching varieties — Golden celery and Snowball cauliflower — have been developed. Even conventional celery is rarely blanched anymore because most of us prefer the more robust flavour and texture of unblanched celery. White asparagus is now rare for the same reason.

Even vegetables that are improved by blanching cannot be blanched willy-nilly. That chlorophyll is what harvests sunlight, converting it to energy for plant growth. Young vegetables need to grow, so can't afford to give up their sunlight.

Also, tender stems and leaves that result from blanching are more prone to rot and insect attack, whether the plant is young or old. And fully grown plants need some energy just to stay alive.

THE ASSOCIATED PRESS

METHSPERTS

MLB has opted to destroy Cleveland World Series title merchandise instead of donating it to the needy like it has with past runners-up

MOOSEHEADS

McIsaac showing his national worth



Dylan DesRoche For Metro | Halifax

Jared McIsaac has always dreamed of skating onto the ice wearing a Team Canada jersey.

Now, the 16-year-old can say he has made that dream come true — for a second time.

The Halifax Mooseheads rookie participated in the World U17 challenge last week in Sault Ste. Marie, Ont. In 2015, he played on Canada's under-16 team.

"When you get to represent your country it's a feeling you can't describe," McIsaac, who is from Dartmouth, said Wednesday.

The six-foot-two blue-liner played on Canada Team White, one of three Canadian teams that competed at this year's U17 challenge. McIsaac and Team White lost to Russia in the bronze-medal game, 6-1.

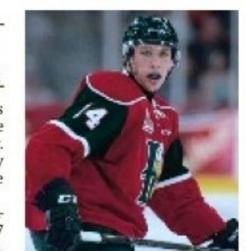
"Honestly it doesn't feel great, but knowing that we took three teams and still did well is prettying satisfying," McIsaac said.

McIsaac has played in 13 games so far this year for the Mooseheads, earning four points.

Scouted to be one of the top prospects out of Atlantic Canada going into last June's QMJHL draft, McIsaac ended up being taken second overall by Halifax.

The 209-pound defenceman was sought after for his offensive style of play, something Halifax veteran blue-liner Cooper Jones has seen him demonstrate in the early going.

"He's really good with the



Jared McIsaac JEFF HARPER/METRO

puck and he's really easy to play with," said Jones, who has spent some time as McIsaac's partner on defence.

McIsaac started out his minor hockey career as a forward, until a peewee AAA coach told him to play defence.

"I kinda stuck to it and I guess that's where my offensive ability as a defencemen comes from," he said.

The Mooseheads (9-10) will welcome McIsaac back in the lineup this weekend after his Team Canada stint.

Halifax will first face the Sherbrooke Phoenix (8-6) Friday at 7 p.m. and then welcome the Charlottetown Islanders (11-7) Saturday at 7 p.m.



When you get to represent your country it's a feeling you can't describe.

Jared McIsaac

Lewis leads Huskies in taking down Tigers

AUS BASKETBALL

Saint Mary's women off to 3-0 start

Adam Richardson For Metro | Halifax

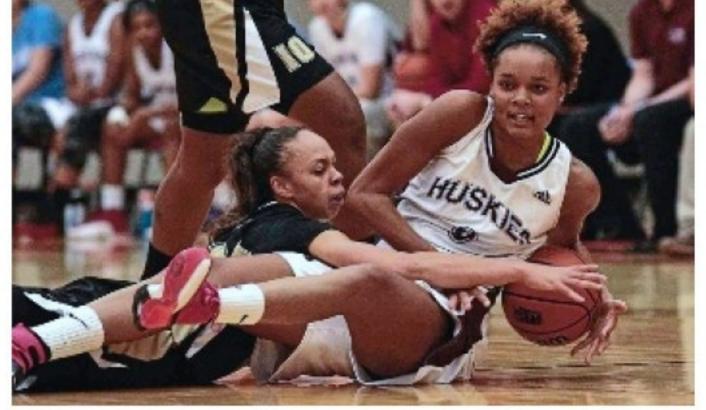
Jenny Lewis's dream start for the Saint Mary's Huskies is turning into a nightmare for her opponents.

The fifth-year guard from Fall River entered Wednesday night's contest against the Dalhousie Tigers leading all U Sport scorers with 28 points per game. She added another dominant shooting performance, scoring 23 points in a 66-54 win in AUS women's basketball play at the Homburg Centre.

"I put up a lot of shots in practice, so when it's going well, you feel like those shots weren't wasted," explained Lewis, who connected on six of seven three-point attempts. "I never ask for shots because we have so many people on this team that can score."

Lewis scored 36 and 20 points respectively in victories over the Acadia Axewomen last week. She's now averaging 26.3 points per game. The Huskies improved to 3-0 with the win.

"Jenny's instant offence, and she can fill it up quickly," said Huskies head coach Scott Mun-



Saint Mary's forward Katrina Murrell, right, gains possession of the ball from Dalhousie guard Shalyn Field at the Homburg Centre on Wednesday. JEFF HARPER/METRO

ro. "She's worked really hard, and it's good to see the ball go in for her."

The inexperienced Tigers kept things competitive for the first quarter before Lewis found her range, knocking down three shots from beyond the arc and finishing with 14 points in the half. Shanieka Wood took care of things in the post and finished with eight points and 11 rebounds. Carlie Nugent added 11 points.

For the Tigers, their early season growth continued after pulling out a 64-62 win over the Cape Breton Capers last weekend. Now 1-2 on the season, there were positives despite Lewis's continued success from long distance.

"As a young team, I thought we hung in there and used this as a lesson," said Tigers guard and Lower Sackville resident Shalyn Field. "It's hard to be patient, but we know we'll get there."

Diedre Alexander and Michele Tchiakoua had 10 points each for Dalhousie.

The teams meet again on Saturday at the Dalplex.

Saint Mary's men pull away late

Saint Mary's used a late fourth-quarter surge to pull away from Dalhousie 90-77 in AUS men's action Wednesday.

Brian Rouse led all scorers with 24 points for the Huskies, and said he looks forward to the local rivalry.

"This is my favourite team to play against," he said. "I have a lot of friends over there. They are always exciting, close games."

A rematch takes place Saturday at Dalplex.

TIGERS ACTION NOVEMBER 11-14



FRIDAY

Men's Hockey vs. UPEL @ Halifax Forum, 7:00pm Women's Volleyball vs. ACA @ Dalplex, 7:00pm

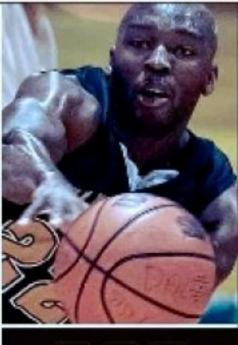
SATURDAY

Basketball vs. SMU @ Dalplex, 6:00/8:00pm Women's Hockey vs. MtA @ Civic Arena, 6:30pm Men's Hockey vs. UNB @ Halifax Forum, 7:00pm

SUNDAY

Women's Hockey vs. UdeM @ Civic Arena, 3:00pm







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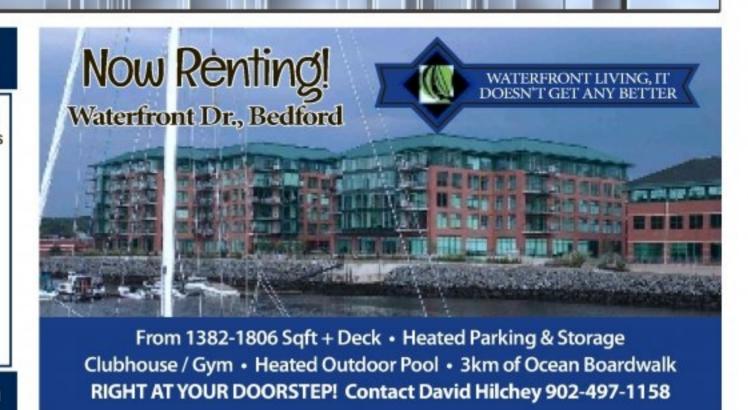


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12. Kingly

13. What's 'in' now 24. Farewells

25. Legal right

ously ironic

30. Dodge 31. Set of scenes

Easton

pieces

Mitchell

stare

45. Revolt

46. Current

stage insects

49. Can do the

53. Low ship deck

54. Super small

58. Soft cheese

48. Related

maternally

task better

51. Topsy-_

56. Norwe-

gian king

37. Criticize

39. New York

hockey player

40. Bewildered

47. Transformation-

Man of _

28. More humor-

32. "_ Your Eyes Only" by Sheena

33. Superman,

35. Living room

36. "Help __ think I'm falling..." - Joni



Ceri Marsh & Laura Keogh For Metro Canada

This pasta dinner is as satisfying as a mac and cheese but packed with healthy green veggies

Ready in 30 minutes

Prep time: 20 minutes Cook time: 10 minutes Serves 4

Ingredients

- 1 Tbsp of olive oil
- 1 medium onion, diced
- · 2 cloves of garlic, minced 1 cup bacon, chopped into
- 1-inch to 2-inch pieces 500 grams of whole wheat fusilli
- 4 medium zucchini, julienned
- 3 eggs
- 1 cup Parmesan, grated
- · Pepper to taste

Directions

1. In a large pan, warm up olive oil over medium heat and add

onions, garlic and bacon. Allow bacon to crisp. Put a big pot of salted water on to boil for the pasta.

- 2. Chop zucchini into matchsticks and add to bacon mixture. Give it all a good stir so the zucchini gets well coated. Allow it to cook down for at least 15 minutes, stirring occasionally. Some of the zucchini will start to disintegrate and that's what you're after.
- 3. Cook pasta according to instructions. Drain well and throw the cooked pasta into the vegetables.
- 4. In a bowl, whisk the eggs and stir in the grated Parmesan. Pour the cheesy eggs into noodles and mix well. Cook over medium heat until the sauce just sets. The whole thing will go from wet to gooey in just a few minutes.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

ACROSS

1. Beaming 5. Humanities degs. 8. Stave off 14. Lasso 15. Bronze Faith __ 17. Long-gone soldier's stat. 18. Driveway cover 19. Captivate an audience 20. Hawk 21. Unfairly fix things 22. King Minos, for example 23. For 24. Most moistureless: 2 wds. 26. Long ago time 27. Ms. Paltrow. to pals 29. Happened to happen 31. Burning 33. Frigid fluff 34. Jazz improvisation 38. Kitchen nook, for example: 3 wds. 41. Squirrel's place for fun 42. ...cinq, six, _, huit... 43. _. Assistant (Office job) 44. Measuring stick 46. On _ (Without a contract) 47. Legume 50. Slab of artistic plaint blobs 52. " in Cleveland"

14 15 16 18 17 19 20 21 22 27 28 30 38 40 39 41 42 43 44 45 48 49 51 52 53 55 58 57 58 59 EC 61 62 84 83 65 99

> 64. "The Desert Babbler" by _ & Wine 65. Waiter 66. 'Pseudo' suffix 67. Spot

DOWN

1, 'Get' 2. Decrease 3. Say "I'm sorry."

4. Big name in computers 5. _-of-honour

6. Another time 7. 1950s American

TV adventure ser-

adian Mountie, "_ of the Yukon" 8. That which Loyalists were loyal to: 2 wds.

9. Canadian camera store 10. Hourly pay

ies about a Can-

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

55. Not yet

hatched

Aries March 21 - April 20 Please remember that partnerships and close friendships are where your good fortune lies during the next 12 months. The year ahead is a great time for Aries to get married.

Taurus April 21 - May 21 During the next 12 months, you ca improve your job or get a better job. (It's your best chance in over a decade!) Believe this and make the most of this opportunity!

Gemini May 22 - June 21 Grab every opportunity in the year ahead to enjoy a vacation. Your theme for the next 12 months is about pleasure, romance and socializing with others!

Cancer June 22 - July 23 Explore every opportunity to enhance your real-estate situation in the next 12 months. Figure out how you can have a better, happier home.

Leo July 24 - Aug. 23 In the year ahead, you will have more belief in your future and in the power of what you can achieve on a day-to-day basis than you have had in over a decade. You realize now that it's all about attitude.

Virgo Aug. 24 - Sept. 23 In the next 12 months, you can boost your earnings. Believe in this. Look for ways that you can do this.

Libra Sept. 24 - Oct. 23 Once every 12 years, lucky Jupiter is in your sign. This time has arrived and will continue until next November. Enjoy your good fortune!

57. On: French

60. Three, in

62. "Relax sol-

dier!": 2 wds.

63. Eggs, in a lab-

59. Pale

Tuscany

61. Vex

oratory

58. Not decorated

Scorpio Oct. 24 - Nov. 22 This is a strong month for you because the Sun is in your sign. However, the entire year is a very spiritual time for you because of Jupiter.

✓ Sagittarius Nov. 23 - Dec. 21 It's important to know that in the next 12 months, your interactions with others will benefit you. Make friends. Join clubs and associations. Others will help you!

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News App today at metronews.ca/mobile

Capricorn Dec. 22 - Jan. 20 Look for ways to make a name for yourself in the next 12 months, because you can do this. You have a chance to impress people in power like never before.

Aquarius Jan. 21 - Feb. 19 Take every chance to travel in the next 12 months, because this is what you really want to do. You want adventure and a chance to broaden your horizons!

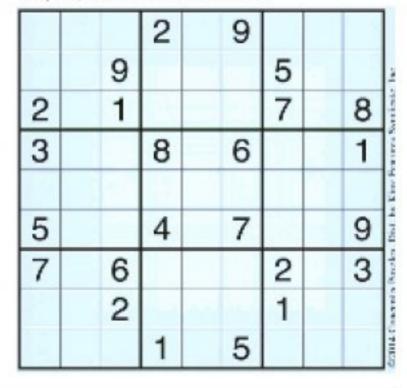
) Pisces

Feb. 20 - March 20 You can benefit from the wealth and resources of others in the next 12 months. This also is an excellent time to get a loan or mortgage.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

11. Winged





YESTERDAY'S **ANSWERS**

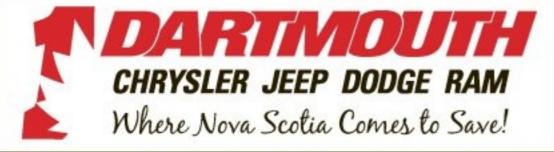
Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

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0.0	L	D T	1	r	ı	U	2	T		0	2	и	14		5	3	9	1	8	2	4	7	6	
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